

CHESTERFIELD COUNTY

Providing a FIRST CHOICE Community through Excellence in public service

Parks and Recreation Program Guide



Winter/Spring 2003

(804) 768-1623

TDD (804) 748-1127

chesterfield.gov

From the Director's Desk

What's in a name?

Shakespeare once observed that a rose by any other name would still smell as sweet.

And so we at Parks and Recreation observe that the same holds true for our public facilities and parks which—by any name—would still serve the same recreational purpose.

Consider Matoaca Park Football Field. On Nov. 2, it was rededicated as David R. Folster Field. Yes, it still serves the same athletic function, but now has a higher purpose as well. And that is to honor the late Dave Folster, a 15-year-plus veteran of the Parks and Recreation Department who was well loved by all who knew him. Folster started as a part-time athletic specialist and rose through the ranks to attain the position of superintendent of parks in the Southern District of the county. He was a past coach and member of the Matoaca Athletic Association. Although he passed away Aug. 12, his memory is honored in this way.

Another instance of the importance of a name can be noted in the renaming of Point of Rocks Park in September, to the R. Garland Dodd Park at Point of Rocks.

As most locals may know, the late R. Garland Dodd, who passed away May 11, was a member of the Chesterfield County Board of Supervisors representing the Bermuda District. He was actively involved in many business and community organizations that supported and benefited his district.

Dodd was instrumental in the early formation of the Henricus Foundation and Henricus Historical Park as well as the establishment of what was then known as Point of Rocks Park.

So, what's in a name? Probably very little to those who did not have the good fortune of knowing either one of these men. But it is everything to those whose lives they touched in some way.

And so it is in this simple—yet significant—way, Parks and Recreation is proud to honor the memories of R. Garland Dodd and David R. Folster.



Mike Golden
Director
Chesterfield County Parks and Recreation



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At Your Service

The Parks and Recreation staff is here to help you!

Athletic Programs

Bill Carlson, 748-1128
Kelly Hedley, 748-1122
Susie Owens, 751-4199

Community Buildings

Bensley: Dennis Barnes, 275-5321
Ettrick: Kim Dobson, 526-5596

Nature Programs

Mark Battista, 706-9690
Judy Brown, 745-7020
Nature Center, 674-1629

Outdoor Adventure Programs

Noel Losen, 748-1129
Greg Velzy, 748-1124
Challenge Course, 751-4133

Recreation Programs

General Information
Greg Sager, 748-1131

Eastern/Central District
Mark Pinney, 748-1992
Northern District
Charles Hester, 748-1130
Southern District
Jackie Maclin, 748-1123
Western District
Dave Caras, 748-1132
Senior Adults
Judy Jones, 751-4135
Therapeutic Recreation
Erika de Witt, 751-4134

Park Information

Main Parks Office: 748-1624
Dodd Park at Point of Rocks: 530-2459
Huguenot Park: 323-1700
Iron Bridge Park: 271-7554
Rockwood Park: 276-6661

The mission of the Chesterfield County Parks and Recreation Department is to provide a comprehensive system of leisure programs, educational opportunities and recreational facilities for all its citizens while conserving and protecting environmental, historical and cultural resources. We will promote community involvement in developing and providing leisure services. The department will ensure customer service excellence, affordability, equal opportunity, a safe environment and access for all citizens.

Basketball

Adult Winter Basketball Leagues

Chesterfield County Parks and Recreation will be accepting recreational, competitive and 30+ teams interested in playing in the 2003 winter-basketball league. Games are played on weeknights at various school sites. The winter league starts in mid-January and the league fee is \$440. Details: Kelly Hedley, 748-1122.

Course #5079

Spring Basketball

Last year was so successful, we're back for more basketball. Played at various schools Tuesday, Wednesday or Thursday nights. League fee is \$440 per team and will begin in April after winter basketball. Fee includes season games and tournament. Accepting recreational and competitive teams. For more information contact Kelly Hedley at 748-1122.

Course #

Soccer

Capital Area Soccer Association

This association consists of four divisions: women's 20+, women's 35+, men's premiere and men's 35+. Games are played at various locations and on various days. For more information and to register, call the CASA Hot line at 794-5259.

CASA Adult Indoor Soccer

Games are played at the County Fairground Exhibition Hall starting in January. Men's and women's divisions for club through masters players. Ages 18 and older. Details: 794-5259

Chesterfield Women's Soccer League

This is the largest and oldest women's league in Central Virginia. The league offers divisions for ages 18+ and 30+. Games are played on Sundays beginning in March. Details: Hot line, 346-1998

NEW! American International Soccer League

Sundays at the Cloverhill Athletic Complex, 17701 Genito Road. Details: Robert Vasquez, 833-3367

Volleyball

Adult Winter Volleyball League

Chesterfield County Parks and Recreation will be accepting team registrations for indoor recreational and competitive leagues. Play starts in January. Estimated league fees are \$350 for competitive and \$230 for recreational. All interested teams (or individuals interested in forming or joining teams) are encouraged to call.

Competitive League

Course #5080

Recreational League

Course #5081

Details: Kelly Hedley, 748-1122

Nonresident Fees

Fees are charged to non-residents of Chesterfield County who wish to participate in department and cosponsored athletic activities. The fee is \$10 per person, per sport and applies to all adult and youth teams, leagues, open gyms and individuals. Non-compliance may lead to a denial of the privilege of using county facilities.

Softball

Chesterfield County Parks and Recreation

Coed Softball League

This activity offers leagues on Tuesday and Wednesday nights at Iron Bridge Park, and Wednesday nights at the Bird Athletic Complex, starting in April. The league meeting is set for Wednesday, Feb. 19, at 7 p.m. in room 502 of the County Government Administration Building. All coaches, team members and those looking for teams are encouraged to attend. Estimated league fee is \$545 per team. All game balls and a tournament included in the fee. Registration is first come, first served. Registration begins after the meeting.

Course #6256

Details: Kelly Hedley, 748-1122

Chesterfield Softball Association—Men's Softball

This association operates many men's leagues throughout the county. Teams and individuals may register.

Details: Steve Seagle, 768-4252

Chesterfield Women's Softball League

Accepting new teams. League offers recreation and competitive play. All games are held on Sundays at the Bird Athletic Complex. Details: Holly Curtis, 291-4189

Southside Churches Recreation Association

Offers men's, women's and coed leagues for area church teams. Season starts in March.

Details: Debbie Snyder, 271-4683.

Senior Softball

New players are invited to join the fun. This league consists of three divisions. All games are played at the Bird Athletic Complex. Details: Coy Newman 745-4163

Bon Air Church League

This league plays on Mondays at the Warbro Complex starting in March. Details: Jim Mavredes, 794-1893

Looking For A Team? New to the area?

If you are interested in forming a team, getting on a team, or if you need a few more players on your team, for any sport, give us a call. Contact Kelly Hedley at 748-1122, or e-mail Hedleyk@chesterfield.gov

New Park in Midlothian

Coming soon! Construction of Mid-Lothian Mines Park, a 50-acre historical park, is currently underway. Located at 13301 N. Woolridge Road, the park features interpretations of historic coal mining and railroad sites in the Midlothian area of Chesterfield County. It will include trails, interpretive signage and a parking lot and is scheduled to open in the late summer.

Chesterfield Parks and Recreation Department sponsors or cosponsors numerous youth and adult leagues, offering a wide variety of sports. The department, in cooperation with county schools, provides facilities necessary for the operation of these leagues.

Baseball and Softball

Chesterfield County cosponsors several youth baseball and softball activities. Practice starts in March. Games begin in the spring.

Chesterfield Baseball Clubs, Inc.

Countywide program for ages 5-18.

Details: Bruce Strickland, 790-1719, www.cbcbase.com

Chesterfield Little League

Ages 5-18. Practice and play in the Hull Street Road corridor.

Details: 254-2374

Central Chesterfield Little League

Ages 5-18. Practice and play in the Courthouse Road corridor and south. Details: 271-0160

Huguenot Little League

Ages 5-18. Practice and play in the Midlothian Turnpike corridor.

Details: 323-6357

Chesterfield Youth Softball Association

Slow-pitch and fast-pitch softball offered for girls ages 5-18. Coed slow-pitch softball is offered for ages 16-18. Practice starts in March and games start in April.

Details: 254-1880

Chesterfield United Girls Softball

This is an A.S.A. and A.F.A. sanctioned fast-pitch activity for girls ages 12-18.

Details: Milton Simmons, 743-1336

Soccer

Countywide for ages 5-18. Games are played on Saturdays, starting in March, at various park and school sites. The program consists of five-member leagues that offer in-house and select travel teams. Register to play through area soccer associations:

Chesterfield Soccer Club 796-3030

www.chesterfieldsc.com

F.C. Richmond Soccer League 272-1303

www.fcrichmond.com

James River Youth Soccer League 254-7905

www.jrusoccer.com

Midlothian Youth Soccer League 744-8505

Pocoshock Youth Soccer League 276-1454

NEW! Swift Creek Sports Club

U8 to U19 coed and girls teams.

Details: 901-1190

Lacrosse

The Chesterfield Lacrosse Club is open to middle-and high-school boys and girls. Practice starts in March.

Details and to register: 276-1454.

Athletic Associations

Many youth sports require registration through your local athletic association. To find out which one serves you and to receive additional information on how to register for a youth sport, you may call 751-4199. The athletic associations are as follows:

Bellwood	Evergreen	Providence
Bensley	Falling Creek	Reams Road
Beulah	Gates	Robious
Chalkley	Gordon	Salem
Christian	Harrowgate	Smith
Chester Sports Boosters	Hening	Spring Run
Clover Hill	Hopkins	Swift Creek
Crenshaw	Jacobs	Wells
Davis	Matoaca	Woodlake
Enon	Midlothian	Woolridge
Ettrick		



Nonresident Fees

Fees are charged to non-residents of Chesterfield County who wish to participate in department and cosponsored athletic activities. The fee is \$10 per person, per sport and applies to all adult and youth teams, leagues, open gyms and individuals. Non-compliance may lead to a denial of the privilege of using county facilities.

The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and older senior adults, a wide variety of activities at the Bensley Community Building. These activities consist of classes, workshops, special events and arts and crafts all made possible by the cooperative effort of Chesterfield County and a Community Development Block Grant.

For more information regarding activities or special events, please call Dennis Barnes, center director, at 275-5321.



Available for rentals

The Bensley Community Building, 2900 Drewry's Bluff Road, Bensley Park, is rented on a first-come, first-served basis with an hourly charge applied Friday through Saturday. The building is more than 5,000 square feet and contains a kitchen, arts-crafts room, conference room

and a multipurpose room, which can seat 138 people. Smaller rooms also are available for rent. Details: 275-5321.

Senior Adults Activities

Game Day

Join this group as we play canasta, dominoes and mahjong for fun. This activity is free for everyone to enjoy. All levels of participation are encouraged. Activity is ongoing.

Tuesdays, 1-4 p.m.

Details: Peggy Oliver, 739-2688, or Laura Webb, 796-5889

FREE

Pinochle Club

Meet new friends while playing pinochle. Bring your lunch and spend some time with us. Beginners need groups of four to learn to play pinochle. Activity is ongoing.

Wednesdays, 10 a.m.-4 p.m.

Details: Hazel Harper, 275-0339

FREE

Games Galore

Play the tabletop game of your choice. New tables are opening for cribbage, UNO, Upwords, Scrabble, Yahtzee and much more.

Activity is ongoing.

Wednesdays, 10 a.m.-1:30 p.m.

Details: Dennis Barnes, 275-5321

FREE

Social Bridge

This activity is for players who have intermediate skills. Players who cancel must find a replacement. Players rotate tables and must pre-register one week prior.

Thursdays, 9:30 a.m.-1 p.m.

Details: Joyce Wenberg, 275-5842, or Frances Howell, 560-0626

FREE

Senior Arts and Craft Classes

Stepping Stone

Paint a beautiful lighthouse on a stepping stone. Class size is limited to only 15 participants. Instructor is Bobbi Whitlock.

Friday, Jan. 10, 9 a.m.-1 p.m.

\$15

Course #6607

Wolf Silhouette

Paint a wolf silhouette that looks as if it has been burned into a rustic basswood round. Class is limited to the first 15 registered participants. Instructor is Bobbi Whitlock.

Friday, Feb. 14, 9 a.m.-1 p.m.

\$15

Course #6608

Barrel Stave

Create a cute garden gal painted on a barrel stave that says: "Those who plant kindness gather love." Class is limited to the first 15 registered participants. Instructor is Bobbi Whitlock.

Friday, March 14, 9 a.m.-1 p.m.

\$15

Course #6609

Thru the Arbor

Paint a lovely garden scene called "Through the Arbor" on a 12 inch by 16 inch canvas. Class is limited to the first 15 registered participants. Instructor is Bobbi Whitlock.

Friday, April 11, 9 a.m.-1 p.m.

\$15

Course #6610

Valentine Topiary

Catch that loving feeling of Valentine's Day by creating a heart-shaped topiary for that special someone. Class is limited to the first 15 registered participants. Instructor Pat Byrne will supply all materials.

Friday, Jan. 24, 10 a.m.-noon

\$10

Course #6108

Easter Spring Wreath

Liven up your entrance by creating a wreath abundant with spring flowers to grace your door. Class is limited to the first 15 registered participants. Instructor Pat Byrne will supply all materials.

Friday, Feb. 21, 10 a.m.-1 p.m.

\$15

Course #6110

Mosaic Trivet

Design and create your own mosaic trivet to use as an accessory to your home, or a great gift for that special someone. Class is limited to the first 15 registered participants. Instructor Pat Byrne will supply all materials.

Friday, March 21, 10 a.m.-1 p.m.

\$10

Course #6111

Garden Wreath

Create a garden-themed wreath to display on your door, porch, the garden gate or inside your home. Class is limited to the first 15 registered participants. Instructor Pat Byrne will supply all materials.

Friday, April 25, 10 a.m.-1 p.m.

\$10

Course #6112

**For more details on Bensley activities,
call 275-5321.**

Senior Fitness and Wellness

Pre-registration is required for all activities, unless specified. Minimum enrollment for most courses varies. Programs may be cancelled if the minimum registration is not met by the registration deadline.

Light and Lively Aerobics 1

An aerobic workout includes exercises and basic steps set to music. This class is designed for seniors who have never taken an aerobic class, have not exercised on a regular basis, or need to exercise at a slower pace. Class includes a low impact cardiovascular workout with warm-up and cool-down exercises, followed by strength training and stretching. Instructor: Lois Hofstra.

Tuesdays and/or Thursdays, 9-10 a.m.

	Dates	Fee	Course #
Tuesdays	Jan. 7-Feb. 11	\$9	5978
Thursdays	Jan. 9-Feb. 13	\$9	5973
Tuesdays	Feb. 18-March 25	\$9	5974
Thursdays	Feb. 20-March 27	\$9	5975
Tuesdays	April 1-April 29	\$7.50	5976
Thursdays	April 3-May 1	\$7.50	5977

Light and Lively Aerobics 2

This class is designed to increase your heart rate and keep it there. It includes a warm-up exercise, a 30-minute cardiovascular and cool-down segment, followed by 30 minutes of strength training and stretching. Instructor: Lois Hofstra.

Mondays, Wednesdays and Fridays, 9-10 a.m.

	Dates	Fee	Course #
Mondays	Jan. 6 - Feb. 10	\$7.50	5963
(No Class on Monday, Jan. 20)			
Wednesdays	Jan. 8-Feb. 12	\$9	5962
Fridays	Jan. 10-Feb. 14	\$7.50	5964
(No Class on Friday, Jan. 17)			
Mondays	Feb. 17-March 24	\$9	5965
Wednesdays	Feb. 19-March 26	\$9	5966
Fridays	Feb. 21-March 28	\$9	5967
Mondays	March 31-April 28	\$7.50	5969
Wednesdays	April 2-April 30	\$7.50	5970
Fridays	April 4-May 2	\$7.50	5968

Tai Chi

Sign up and learn this ancient Chinese exercise that uses slow and supple circular movements to develop balance, flexibility and general well-being. Tai Chi is a moving meditation that aids in stress management and promotes improved focus and awareness. A low-impact exercise, it is suitable for young and old alike. Certified instructor John Crouse has taught Yang Family Tai Chi in the Chesterfield area since 1990.

Thursdays, 4:30-5:30 p.m.

	Dates	Fee	Course #
Thursdays	Jan. 16-March 6	\$15	6101
Thursdays	March 13-May 1	\$15	6102

Body Toning

This class combines hand weights and body resistance to tone and strengthen your muscles. A relaxing total body stretch will complete each class. Stronger muscles help burn more calories, reduce the risk of osteoporosis and improve the quality of daily activities. Well-toned muscles will help you look and feel great. This class is for all fitness levels and is taught by Personally Fit instructors.

Tuesdays and/or Thursdays, 10:15 - 11:15 a.m.

	Dates	Fee	Course #
Tuesdays	Jan. 7-Feb. 11	\$10	5988
Thursdays	Jan. 9-Feb. 13	\$10	5989
Tuesdays	Feb. 18-Mar. 25	\$10	5990
Thursdays	Feb. 20-Mar. 27	\$10	5991
Tuesdays	April 1-April 29	\$10	5992
Thursdays	April 3-April 31	\$10	5993

Low-Impact Line Dancing

Join us and learn the latest line dances without all the stomping and spinning. This class is modified to be easier on your knees and not make you dizzy. No partners required, so sign up now and bring a friend. Instructor is Betty Robinson.

Thursdays, 12:30-1:30 p.m.

	Dates	Fee	Course #
Thursdays	Jan. 9- Feb. 20	\$30	5982
Thursdays	Feb. 27- April-17	\$30	5983

Sit and Be Fit/PACE

Join this long-running activity with some new twists. Designed for older adults with limited mobility, this adaptive-movement course is less intense than Light 'n Lively Aerobics. Stretch, tone and socialize to a variety of upbeat music - all from the comfort of your chair. Elements of PACE (People with Arthritis Can Exercise) are incorporated. Instructor is Sharon Lindsey

Mondays and/or Wednesdays, 10:15-11 a.m.

	Dates	Fee	Course #
Mondays	Jan. 6-Feb. 10	\$6.25	5997
Wednesdays	Jan. 8-Feb.12	\$7.50	5996
Mondays	Feb. 17-March 24	\$7.50	5994
Wednesdays	Feb. 19-March 26	\$7.50	5998
Mondays	March 31-April 28	\$6.25	5999
Wednesdays	April 2-April 30	\$6.25	6000

Low-Impact Aerobics

This course is all about having fun while strengthening the cardiovascular system and major muscle groups. Increase flexibility, improve breathing, reduce stress and increase metabolism while moving to the motivational music of your choice. This class is designed for those who are 18 years old and older.

Mondays, Feb. 3-March 10, 5:30-6:30 p.m.

\$15

Course #6097

**For more details on Bensley activities,
call 275-5321.**

Total Body Condition (TBC)

A cardio class that incorporates an array of fitness toys to strengthen and condition the entire body. A fun fitness class designed for all levels of physical fitness. If you like to play while you work out, or if you're looking for a different type of fitness class, then this class is a must. Personally Fit certified instructors will lead the participants through a different fitness class each week.

Mondays, March 17-April 21, 5:30-6:30 p.m.

\$15

Course #6098

Special Interest

Writers Workshop

Do you have the writing bug? We don't want to cure it. We want to encourage it! Come make new friends, get inspired and learn some secrets of the writing business. Even if you only write for fun, come and join us. This club meets on the last Wednesday of each month.

Details: Becky Wright, 279-9553

Pot Luck Luncheon

Valentine's Day 1950s Sock Hop

Come on out to celebrate the day with your Valentine or to meet a new one at our luncheon. Please bring a favorite dish to share and get ready to dance around the clock to a variety music from the 50's by disc jockey Kevin from Fantasia Sound Company.

Monday, Feb. 10, noon -2 p.m.

FREE

Course #6036

Watercolor Class

This beginning watercolor class will teach basic techniques and principles of design so you may create beautiful watercolor paintings. Each student will learn at his or her own pace. Most materials are provided, but students must bring their own watercolor paper.

Instructor is Marti Fann.

Mondays 10:30 a.m.-12:30 p.m.

Mondays, Feb. 3-March 10

\$35

Course #6017

Mondays, March 24-April 28

\$35

Course #6018

Tea Dances for Senior Adults

Come dance and listen to the sounds of disc jockey Gene Carwile at the Bensley Community Building. Enjoy refreshments as you dance the afternoon away. Put on your dancing shoes and bring a friend or two for an afternoon full of music and memories.

Sundays, 2-4 p.m.

Sunday, Feb. 9

\$3

Course #6026

Sunday, April 20

\$3

Course #6027

Blood Pressure Check

Follow Light 'n' Lively Aerobics with a free blood pressure check. A Colonial Heights Convalescent Center nurse will be on-site the first Wednesday of each month at 10 a.m. Everyone is welcome. No registration required.

FREE

Youth Programs

Karate for Kids

Learn self-defense, physical fitness, coordination, balance, and discipline in this ongoing course for both youths and adults. Students will earn different belts as they progress. "Student of the Month" awards will also be given. Uniforms may be purchased for an additional fee. Mr. Otis "Randy" Jones of Royal Martial Arts Self-Defense Club, along with his staff, will be instructing this class. Ages 8 and older are welcome.

Tuesdays and Thursdays, 6-7 p.m.

Dates	Fee	Course #
Tues. and Thurs., Jan 7-Feb. 13	\$25	5979
Tues. and Thurs., Feb. 18-March 27	\$25	5980
Tues. and Thurs., April 1-May 3	\$25	5981

Hang Time

Come, be part of the all new Hang Time activities for youths, ages 10 -14. Hang Time features fun community projects, games, trips, socializing opportunities and team-building activities. The Virginia Food Bank and the Chesterfield County Mental Health Department have joined forces with Chesterfield County Parks and Recreation to develop exciting youth programs.

Tuesdays, Wednesdays and Thursdays

3:30 -5:30 p.m.

Jan. 7-Feb. 27

Course #6085

March 4-May 1

Course #6086

Easter Egg Candy Hunt and Extravaganza

Come out and be part of the Easter Egg Hunt at the Bensley Community Building! Join the Easter Bunny as you and your friends collect candy during the event for prizes. Bring your camera and get a picture with the Easter Bunny during this event. This is an event for the whole community to enjoy.

Saturday, April 12, 11 a.m.-1 p.m. Hunt starts at 11:30 a.m.

Rain date: Sunday, April 13, hunt starts at 1:30 p.m.

FREE

**For more details on Bensley activities,
call 275-5321.**

**For more youth programs,
please see page 10.**

The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and senior adults a wide variety of activities at the Mayes-Colbert Ettrick Community Building. All the classes, workshops, special events and craft activities are made possible by the cooperative effort of Chesterfield County and a Community Development Block Grant.

Details: Kim Dobson, center director, 526-5596.



Available for rentals

The Mayes-Colbert Ettrick Community Building, **20400 Laurel Road**, Ettrick Park, is rented on a first-come, first-served basis with and hourly charge applied Friday through Saturday. The building is more than 5,000 square feet and contains a kitchen, arts-crafts room,

conference room and a multipurpose room, which can seat 64 people. Smaller rooms are also available for rent. Details: 526-5596.

Senior-adult programs are open to those 50 years old and older. Lunch is provided at the Ettrick Community Building to persons 60 years old and over by Senior Connections, an organization that accepts donations to support and expand services. Reservations are required for lunch. Details: Ralph Howes, 526-5596.

Senior Adults Fitness and Wellness

Aerobics

Stay in shape with Susan Milazzo while moving and stretching to your favorite tunes. This low-impact class will concentrate on stretching, warm-up, cardiovascular fitness, muscle-toning, and cool-down. Classes are ongoing.

Tuesdays and Thursdays, 9-10 a.m.

	Fee	Course #
Jan. 7-Feb. 13	\$30	6042
Feb. 18-March 27	\$30	6043
April 1-May 1	\$25	6044

Super Senior Sittercise

Explore lyrical movement, low-impact stretching and rhythmic patterns. This adaptive movement activity will be done from a seated position. A certified aerobic instructor will lead each class. Tuesdays and Thursdays, 10:30-11:30 a.m.

FREE

Jan. 7-Feb. 13	Course #6061
Feb. 18-March 27	Course #6062
April 11-May 1	Course #6063

Blood Pressure Checks

Stay in touch with your health. A registered nurse from the Colonial Heights Convalescent Center will be on site monthly for these checks. No registration is required for this ongoing activity. Third Tuesday of each month, 10-10:30 a.m.

FREE

Senior Adults Special Interest

Big Slammers Bridge Club

Meet every Monday for an exciting game of duplicate bridge.

Beginners are welcome for this ongoing activity.

Mondays, 12:30-5 p.m.

Details: Dr. Jimmie Battle, 526-7761

Friendship Café

Lunch and activities are provided to people age 60 and older by Senior Connections, formerly the Capital Area Agency on Aging. Guest speakers, exercise, crafts, games and monthly trips are offered for all to enjoy. Reservations are required for lunch, so please call ahead. Transportation provided through the agency. Tuesdays-Thursdays, 9:30 a.m.-12:30 p.m.

Details: Ralph Howes, 526-5596

Watercolor

These workshops are designed to spark your interest in the magnificent art of watercolor. Participants will learn the basic techniques and principles of designing beautiful watercolor paintings. Each participant will learn at his or her own pace. Students are asked to bring their own watercolor paper. Preregistration is required.

Thursdays, Jan. 16, Feb. 20, March 20 and April 17, 9:45-10:30 a.m.

FREE

Course #6064

Learning to Quilt

Make your choice of pillow, table runner, wall hanging, baby quilt, or full-size quilt using traditional pieced and applied designs.

Nine patch, log cabin, Dresden plate and other popular patterns will be combined to create your own project. Instruction includes fabric selection, drafting templates, backing and binding the quilt. Bring fabric scissors, needles and a #2 pencil to the first class. Fabric choices will need to be purchased by students after the first class.

Thursdays, Feb. 6-March 27, 1:30 -3:30 p.m.

\$35

Course #6065

Valentine Social

Come to the Ettrick Community Building for an afternoon filled with live music, dancing and valentine treats. Refreshments provided. Tickets will be sold in advance at the building.

Tuesday, Feb. 11, 11 a.m.-1 p.m.

\$3

**For more details on Ettrick activities,
call 526-5596.**

**For more senior adult programs,
see pages 5, 6, 19, 20 and 21.**

Adults

Cardio Aerobics

Jab, punch, shuffle, kick and duck your way to fitness. If you are looking for a class that will combine cardiovascular fitness, strength training, endurance, and flexibility improvement—THIS IS THE CLASS FOR YOU!

Mondays and Wednesdays, 5:45-6:45 p.m.

Date	Course	Fee
Jan. 6-Feb. 12 (not held Jan. 20)	#6066	\$27.50
Feb. 17-March 26	#6067	\$30
March 31-April 30	#6068	\$25

Female Self-Defense and Safety Awareness Workshop

Don't be a victim. Learn preparation skills for surviving an attack. The class will review self-defense techniques, crime prevention, awareness and empowerment. Benefits include increased mental energy and greater self-discipline. Advanced registration is required. Thursday, April 17, 7-9 p.m.

\$5 Course #6069

Creative Crafters

Join Bobbi Whitlock for exciting craft projects. She will lead you step-by-step, and provide all needed materials. Stop by the center to see some of her work.

9 a.m.-1 p.m. \$12.50 per craft

Paint a beautiful hydrangea on a piece of tin ware.

Saturday, Jan. 18 Course #6572

Paint a ruler with daisies and blackberries.

Saturday, Feb. 15 Course #6573

Paint a darling dressed-up bunny on a gourd.

Saturday, March 1 Course #6574

Paint a "Welcome to My Garden" sign on slate.

Saturday, April 19 Course #6575

Youths and Teens

Chill Time

Our game room is open to youths, ages 11-14, to enjoy games, movies, group projects, arts and crafts and other planned activities. A teen center staff member will be available to interact and supervise youths while in the building. For weekly information and more details, please call 526-5596 or stop by the building. Parents or guardians must complete a registration form for each participant. Mondays-Thursdays, 4 -6 p.m. **FREE**

Kickin' Karate for Kids

Enroll now in this ongoing activity for youths, ages 7-13. All belt levels, including beginners, are welcome. Under the instruction of Carrie Irving, certified master instructor, students will learn self-defense, safety awareness, self-discipline, respect and how to avoid

dangerous situations. Students may earn achievement rewards such as ribbons, certificates, medals and "Student of the Month." Uniforms may be purchased for an additional fee.

Mondays, Wednesdays, 7-8 p.m.

\$20 per course

Jan 6-Feb. 12

Course #6070

(not held Jan. 20)

Feb. 17-March 26

Course #6071

March 31-April 30

Course #6072

Sweetheart Social

Youth and teens can enjoy an evening of dance, music and light refreshments with the areas hottest disc jockey. Put a smile on your face for a photo with your sweetheart. Door prizes will be given away throughout the night. Bring a friend or two and get ready to dance the night away. Tickets will be on sale at the building starting Monday, Feb. 3, Friday, Feb. 14, 6:30-9 p.m.

\$5

Builders' Choice Lego Contest

Attention all builders, drop off your latest Lego creation at the Ettrick Community Center and enter it in our first ever Lego contest. All constructions will be judged on originality, creativity and complexity. A panel consisting of class instructors, community representatives and Ettrick staff will take part in the judging. Gift certificates will be rewarded to three finalists. A completed registration form must be submitted at the time of entry. Entries will be received April 1-16. Ages 7-12.

FREE

Munchkins in Motion

Tough Tots—Little Dragons Karate Club

Get ready for some kickin' karate, kids style! This activity is designed to enhance self-confidence, self-esteem and physical fitness in kids, ages 4-6. Under the instruction of Carrie Irving, certified master instructor, these tots will learn respect, discipline and stranger danger. Tuesdays, 6-7 p.m.

Dates	Course #	Fee
Jan. 7-Feb. 11	6073	\$18
Feb. 18-March 25	6074	\$18
April 1-April 29	6075	\$18

Creative Play

Calling all "mini-Monets" between the ages of 3-6. Meet us at the Ettrick Community Center as we explore your creative side through games and crafts. Learn cooperative play, develop motor skills and make new friends. Each day will include structured group play along with a craft project. Special holiday parties are included where the children's work will be displayed.

Wednesdays, Jan. 15, Feb. 5 and 19, March 5 and 19, April 2 and 16, 10:30-11:30 a.m.

\$15

Course #6076

For more details on Ettrick activities, call 526-5596.

Eggs-Travaganza

It's time to fill your Easter baskets with pretty colored eggs. Have fun designing and creating your own special Easter eggs. All coloring supplies will be provided. Bring the entire family along with your own hard boiled eggs, and get ready to create. Youths, ages 3-12, are welcome.

Thursday, April 3, 6-7:30 p.m. Register by: April 1
FREE

Egg Hunt

Join the Easter Bunny at Ettrick Park for our annual egg hunt. Awesome prizes will be rewarded for those specially marked eggs. Participants will enjoy refreshments, entertainment, prizes, arts and crafts, photos with the Easter Bunny, and much more. Children will be grouped according to age. The hunt will take place at the pavilion. Saturday, April 5, 10 a.m.-noon
FREE

Play it Safe—Child Safety Awareness Night

Parents get your child involved in Chesterfield County Sheriff's Office Play it Safe. This activity will issue parents or guardians a three-year identification record and personalized video of your child. Please bring your own blank VHS videotape for the recording. The activity will also provide safety tips for children. Registration is required.

Tuesday, March 18, 6-7 p.m.
FREE

Call to register

Therapeutic Recreation Expressive Movement

This exercise class will focus on stretching and toning for persons with disabilities. Participants will benefit from a cardiovascular workout that is fun and innovative.

Mondays, 11:30 a.m.-noon
FREE

Creative Bits and Pieces

Get crafty during this specially designed art activity for people with disabilities. This activity will include painting and crafts designed to increase creativity. Space is limited, please call one week in advance to register.

Third Wednesday of each month, 11:30 a.m.-12:30 p.m.
FREE

**For more details on Ettrick activities,
call 526-5596.**

**Registration begins Jan. 6
See page 31 for details.**

Community Recreation

Youth Connections—After School

An enrichment program for youth, ages 9-12. Activities include recreational sports, study time and special guests. Free. Tuesdays and Thursdays, after school until 5:30 p.m.

Jan. 30-March 27 **Course #5950**
April 1-May 22 (not held April 15, 17) **Course #5951**
Chalkley Elementary School, 3301 Turner Road.
Details: Dave Caras, 748-1132

Youth Connections—Winter

This free nine-week offering for children, ages 6 to 13, uses leisure activities to promote social and educational growth. The library, police, youth services and other county and local agencies will help provide athletic, cultural, community, literary and educational components, sports instruction, leadership development, supervised free play and more.

6-9 year olds: Mondays, Tuesdays and Wednesdays, 6-7:30 p.m.
10-13 year olds: Mondays, Tuesdays and Wednesdays, 7:30-9 p.m.

Locations:

Ettrick Elementary School, 20910 Chesterfield Avenue
Harrowgate Elementary School, 15501 Harrowgate Road
Details: Jackie Maclin, 748-1123

Beginner Youth Drawing

Elaine Bankston will teach students ages 9-14, perspective, basic shapes, shading and how to draw still from real objects. A supply list will be sent to each student after they register.

Mondays, Feb. 3- March 27, 6-7 p.m. (not held Feb. 17)
Swift Creek Middle School, 3700 Old Hundred Rd. South
\$42 Details: David Caras, 748-1132 **Course #5946**

Intermediate Youth Drawing

Prerequisite is Beginner Youth Drawing. This class, for ages 9-14, will go into more depth than the beginner class. Students will work with actual still life set-ups.

Mondays, March 31- May 12, 6-7 p.m. (not held April 14)
Swift Creek Middle School, 3700 Old Hundred Rd. South
\$42 Details: Dave Caras, 748-1132 **Course #5947**

Baby-sitting

The American Red Cross baby-sitting training will teach youths, ages 11-15, the knowledge and skills needed to care for infants to school-age children. La Prade Library, 9000 Hull St.

Wednesdays, Feb. 5-26, 6-8 p.m.
\$50 Details: Dave Caras, 748-1132 **Course #6005**

Dance

All classes held on Tuesdays at Midlothian Middle School, 13501 Midlothian Turnpike. Singles welcome, but partners not guaranteed. Minimum age is 16. Class taught by certified dance instructor, John Holcomb. Details: Charles Hester, 748-1130.

Beginner Latin

Class will cover four to six movements of the Rumba, the Cha Cha and the Salsa, to include timing, leading and following. Tuesdays, Jan. 21-March 11, 6-7 p.m. **Course #6295**

Intermediate Latin

For dancers that have already completed Beginner Level Latin. Instructor will cover six to 10 new movements in the Rumba, the Cha Cha and the Salsa, to include timing, leading, following. Tuesdays, April 1-May 27, 8:30-9:30 p.m. **Course #6300**

Beginner Rhythm

Instructor will cover six to eight movements of the Swing and the Hustle, to include timing, leading and following. Tuesdays, April 1-May 27, 6-7 p.m. **Course #6297**

Advanced Rhythm

This activity is for the experienced dancer who has already completed the Beginner/Intermediate Level Rhythm classes. Instructor will cover eight to 12 new movements of the Swing and syncopated Hustle, to include timing, leading, following and advanced techniques. Tuesdays, Jan. 21-March 11, 7:15-8:15 p.m. **Course #6299**

Intermediate Ballroom

For dancers who have already completed Beginner Ballroom. Instructor will cover six to 10 new movements in the Waltz, the Fox Trot and the Tango, to include timing, leading, following. Tuesdays, Jan. 21-March 11, 8:30-9:30 p.m. **Course #6298**

Advanced Ballroom

For experienced dancers who have completed the Beginner/Intermediate Level Ballroom. Instructor will cover eight to 12 new movements of the Fox Trot and the Tango to include timing, leading, following and advanced techniques. Tuesdays, April 1-May 27, 7:15-8:15 p.m. **Course #6311**

Belly Dancing

Learn gentle, low-impact movements. Wear comfortable clothing. Minimum age 15. J.B. Watkins Elementary School, 501 Coalfield Rd. \$30 per session

Introduction

Learn movements and traveling steps. Improvisation to music. Thursdays, 7:40-8:40 p.m.
Jan. 23-March 13 **Course #6301**
March 27-May 22 **Course #6302**

Intermediate

Learn veil dancing, figure eights and layering. Veil/finger cymbal purchases available. Thursdays, 6:30-7:30 p.m.
Jan. 23-March 13 **Course #6303**
March 27-May 22 **Course #6304**

Advanced Intermediate

Learn how to put routines together. The course teaches shimmies, layering techniques and hip articulation. Prerequisite of two years of belly dancing classes. Tuesdays, 7-8 p.m.
Jan. 28-March 18 **Course #6305**

Dance Groups

Beginner and experienced dance couples may learn new steps and meet new friends at any of the following dance groups cosponsored by the Chesterfield Parks and Recreation Department:

Ballroom Dancing

Join the Sophisticats Ballroom Dance Club as they trip the night fantastic on the second Friday of each month at Robious Elementary School, 2801 Robious Crossing Drive. Details: Shirley K. Callahan, 320-2882

Four Corners Square Dance Club

Come sharpen your square dancing skills every Friday night at A.M. Davis Elementary School, 415 S. Providence Road. Details: Zeb and Hazel Saunders, 674-513

Chesterfield County Choral Society

This cosponsored group is seeking new members to become a part of their musical organization. The Chesterfield County Choral Society performs for a variety of area musical events, including Pocahontas Performances and Parade of Lights. No audition required; all skill levels welcome. Minimum age is 16. New Covenant Presbyterian Church, 6415 Irongate Drive Tuesdays, 7:30-9 p.m. Details: Richard Ferramosca, 639-2540

Chesterfield Community Band

This cosponsored group is seeking new members to be part of the volunteer band playing fine concert music. Anyone ages 16 and older is welcome to join. This diverse group welcomes all skill levels. Manchester Middle School, 7401 Hull Street Road Mondays, 7-9 p.m. Details: Kathy Whittle, 796-4723

Baton Twirling

Learn the skill of baton twirling. Recreational and competitive baton twirling for ages 5-18. Beginner through advanced levels will be taught. Training is available for parades and more.

Virginia Batonettes

Details: Jean Campbell, 784-2318

Royalettes Baton Corp.

Details: Diane Gunnels, 231-6143

Basic Dog Obedience

Instructor Jemi Walker covers positive reinforcement in handling, preventive health care, housebreaking and containment. Rockwood Park, 7401 Hull Street Road Saturdays, 10-11 a.m.

March 29-April 19

Course #5943

April 26-May 17

Course #5944

\$50 per course Details: Dave Caras, 738-1132

Fiddle Dee Dee (formerly Kindermusik®)

Instructors will guide parents/caregivers and their children (ages 18 months to 3 years) in creative dance, vocal, pre-reading and music listening skills.

Mondays, Jan. 27-May 19, 10-10:50 a.m. (not held 2/17 and 4/21)

Course #6611

Bon Air Library, 9103 Rattlesnake Road

\$90 (additional \$45 due to instructor at first class for Home Kit)

Register at least one week before course.

Details: Charles Hester, 748-1130

Panoramic Egg

Learn to make those beautiful, peek-inside sugar eggs. Wilton instructor Helen Vaughan will show you how. Class is limited to 15 participants. Details: Mark Pinney, 748-1992.

Friday, March 14, 10 a.m.-2 p.m.

Central Library (Room B), Lori Road.

\$30

Course #6619

Bridge Lessons

All levels offered at Bon Air Library, 9163 Rattlesnake Road.

Books may be purchased from the instructor, Elvira Plumb.

Ages 18 and older.

\$40 Register at one week before session.

Details: Charles Hester, 748-1130

Beginner

Course #6312

Strictly for the beginner. Learn bidding responses, slams and overcalls.

Mondays, Feb. 10-March 17, 11 a.m.-1 p.m.

Advanced Beginner

Course #6314

Learn more sophisticated skills in bidding and responses.

Mondays, April 7-May 12, 11 a.m.-1 p.m.

Intermediate

Course #6313

Learn signaling, stayman and opening leads.

Mondays, Feb. 10-March 17, 1:30-3:30 p.m.

Advanced Intermediate

Course #6315

Learn re-bids and play of the hand.

Mondays, April 7-May 12, 1:30-3:30 p.m.

Horseshoe Tourney

Are you a good Horseshoe thrower? Then come out and show off your skills at the First Annual Horseshoe Tournament at Ironbridge Park, Shelter #3. Details: Mark Pinney, 748-1992.

Saturday, April 26, 10 a.m.

Ironbridge Park, 6600 White Pine Road

\$12

Course #6670

Black Board Arts

Come out and learn how to paint a floral blackboard with Betty Sampsell. This is a new arts and crafts activity. Class size is limited to only 15 registered participants. All materials and supplies are included. Details: Mark Pinney, 748-1992.

Saturday, April 12, 10 a.m.-2 p.m.

\$35 Central Library, Room B

Course #6616

Brick Village

This popular activity allows you to customize your craft. On a brick, paint a village where you can personalize some of the buildings, such as "Ann's Crafts Shop," "Chesterfield Post Office" and much more. Makes a neat door stop for a conversation piece. Instructor is Bobbi Whitlock. Space is limited to the first 15 registered individuals. All materials and supplies are included.

Saturday, Jan. 24, 10 a.m.-2 p.m.

Central Library, Room B, Lori Road

\$25

Course #6117

Details: Mark Pinney, 748-1992

Financial Issues of Divorce

This course will include an overview of Virginia laws, including support issues and division of assets, tax consequences, identifying realistic settlements that protect your security, what your attorney can and cannot do for you and more.

Wednesday, Feb. 12, 7-9 p.m.

Clover Hill Library, 6700 Deer Run Drive

FREE

Course #5945

Details: Dave Caras, 748-1132

Kite Day

The entire family will enjoy an afternoon of kite flying. Bring your own kite or make one free at the event.

Sunday, March 9, 1-4 p.m. (no rain date)

Clover Hill Athletic Complex, 17701 Genito Road

FREE Details: Dave Caras, 748-1132

Pocahontas Performances 2003

A Celebration of the Performing Arts

The Pocahontas Heritage Amphitheater at Pocahontas State Park offers its fifth year of popular performances. Co-produced by Chesterfield County Parks and Recreation and the Virginia Department of Conservation and Recreation, Pocahontas Performances will feature festivals and performances for the entire family. Bring a blanket or lawn chair. Concessions will be available. No alcohol or glass bottles.

Pocahontas State Park, Heritage Amphitheater

Details and future program listings: Greg Sager, 748-1623

Come to a Horse Show!

Chesterfield County Open All Breed Horse Shows will run March through October. All proceeds will be donated to the horse facility at the Chesterfield County Fairgrounds. Halter, Western, Hunter, Gaited and Speed classes will be featured. Volunteers are needed. Details: Greg Sager, 748-1623.

Spring Break-Sports Adventure Camp

Looking for something exciting to do over spring break? Children ages 8-12 will enjoy a week of exploring golf, swimming, archery, cycling, football and much more. Includes snacks. Lunch on Friday. April 14-18, 8 a.m.-5 p.m. Meet: Rockwood Park.

Details: Kelly Hedley, 748-1122.

Course #6255

Power Yoga

This dynamic total workout is a friendly, physically based style of yoga that can improve strength, endurance, concentration and flexibility. Debbie Cassidy, certified yoga instructor, will help you combine postures, stretching and breathing. Wear loose clothing and bring a mat and towel. Minimum age 15.

Register at least one week before course.

Wednesdays, 6:45-8 p.m.

Jan. 22-March 5 (not held 2/19) **Course #6082**

March 12-April 30 (not held 3/19, 4/16) **Course #6083**

May 7-June 25 (not held 5/21, 6/18) **Course #6084**

Chester Library, 11800 Centre St.

\$60 per course

Details: Jackie Maclin, 748-1123

Hatha Yoga

Taught by Nora Soler Pozzi, a certified yoga instructor, these special courses may be organized for groups of all ages and abilities. Bring a blanket or mat. Avoid a heavy meal before activity.

Register at least one week before activity.

Details: Charles Hester, 748-1130

Beginner Hatha Yoga

Minimum age 14. Introduction to postures, and breathing to tone and purify the body. Increases flexibility and strength, and helps with stress management.

\$54 per course

Bon Air United Methodist Church, 1645 Buford Road

Tuesdays, 1:15-2:30 p.m.

Feb. 4-March 11 **Course #6416**

March 18-April 22 **Course #6481**

Bon Air Elementary School, 8701 Polk Street

Wednesdays, 7:45-9 p.m. (not held April 16)

Feb. 5-March 12 **Course #6331**

March 19-April 30 **Course #6480**

Watkins Elementary School, 501 Coalfield Road

Tuesdays, 7:45-9 p.m. (not held April 15)

Feb. 4-March 11 **Course #6334**

March 18-April 29 **Course #6415**

J.B. Watkins Elementary School, 501 Coalfield Road

Continuing Hatha Yoga

Minimum age 14. Deepen the practice of yoga, incorporating new poses and other benefits of this ancient discipline.

\$54

Bon Air Elementary School, 8701 Polk Street

Wednesdays, 6-7:30 p.m. (not held April 16)

Feb. 5-March 12 **Course #6484**

March 19-April 30 **Course #6488**

Bon Air Elementary School, 8701 Polk Street

Watkins Elementary School, 501 Coalfield Road

Tuesdays, 7:45- 9 p.m. (not held April 15)

Feb.4-March 11 **Course #6483**

March 18-April 29 **Course #6487**

Vinyasa Flow Yoga

This moderately-paced activity is appropriate for newcomers to yoga, yet offers a challenge for more experienced practitioners. It introduces sun salutations and Hatha Yoga postures, breathing exercises and relaxation techniques. Become stronger, more flexible and calm. Wear comfortable clothing and bring a "sticky" yoga mat. Minimum age is 15.

Register at least one week before each course.

Mondays, 6:45-8 p.m.

Jan. 13-March 3 (not held 1/20, 2/17) **Course #6079**

March 10-April 21 (not held 4/14) **Course #6080**

April 28-June 9 (not held 5/26) **Course #6081**

Chester Library, 11800 Centre St.

\$60 per course

Details: Jackie Maclin, 748-1123

Tai Chi

Practice this ancient Chinese martial art for health and stress management. Improve circulation, balance and focus. Yang style Tai Chi is taught. Minimum age is 17. All session are held at Curtis Elementary School, 3600 W. Hundred Road

\$50 per course. Details: Jackie Maclin, 748-1123

Register at least one week in advance of each course.

Tai Chi 1: Beginner

Mondays, Jan. 27-April 28 (not held 2/17, 4/14)

6:30-7:30 p.m. **Course #6090**

OR Thursdays, Jan. 30-April 24 (not held 4/17)

6:30-7:30 p.m. **Course #6091**

Tai Chi 2: Intermediate

Mondays, Jan. 27-April 28 (not held 2/17, 4/14)

7:45-9 p.m. **Course #6099**

OR Thursdays, Jan. 30-April 24 (not held 4/17)

7:45-9 p.m. **Course #6100**

Mondays, May 5-July 28 (not held 5/26)

7:45-9 p.m. **Course #6103**

OR Thursdays, May 1-July 17

7:45-9 p.m. **Course #6104**

Rockwood Walk Club

All guided walks are free and offer views of plants and wildlife.

Details: Dave Caras, 748-1132

Appomattox River Canal

Four-mile walk along the canal presents views of the river.

Wednesday, March 19 **Course #5952**

Hawkins Forest Road

Four-mile walk through Pocahontas State Park for views of various plants and wildlife.

Wednesday, April 24 **Course #5953**

Richmond Flood Wall

Three-mile walk offers views of the city.

Wednesday, May 15 **Course #5954**

FREE Register at least one week before start of course.

Permanent Results: Weight Loss Class

Lose weight and inches while decreasing stress! This workshop is a cardiovascular and strength-training activity that offers total body workout in 30 minutes. The use of the facility is included for six weeks of the course.

Tuesdays, Jan 7-Feb. 11, 7-8 p.m.

Course #6492

Curves for Women, Midlothian

\$149 Register one week before activity.

Details: Charles Hester, 748-1130

Strength Training Strategies for Women

Create your own strength-training program focusing on six major muscle groups and stability in the torso area. Taught by Mindy Conklin, certified personal trainer. Bring water, towel and personal weights or banks.

Tuesdays, Jan. 14-Feb. 11, 6-7 p.m.

Course #6489

Tuesdays, Feb. 18-March 11

Course #6490

Sycamore Square, Midlothian

\$50 Register one week before activity.

Details: Charles Hester, 748-1130

Bushkin-Kan

Improve your fitness level, coordination and confidence while learning traditional martial arts and self-defense. Increase stamina, flexibility and coordination. This ongoing course also teaches skills in conflict management and self-discipline while promoting personal responsibility and a "can-do" attitude. Minimum age is 13. Registration and payment are made onsite.

Monday and Wednesday, 6:30-8:30 p.m.

Falling Creek Elementary School, 4800 Hopkins Road

Register at least one week before class.

Details and to register: Barry Edelman, 647-2101 or 275-6563

Tae Bo

Certified Tae Bo instructor Toni Piper combines the self-awareness and control of martial arts, the focus and strength of boxing and the grace and rhythm of dance.

Tuesdays, 6-7 p.m.

Jan. 28-March 4

Course #6642

March 18-April 29 (not held April 14)

Course #6643

Hopkins Elementary School Cafeteria, 6000 Hopkins Road

\$30 Details: Mark Pinney, 748-1992.

Nature Programs–Dutch Gap

Dutch Gap Conservation Area

The 809-acre conservation area features an active great blue heron rookery, tidal and non-tidal marshes, fresh water ponds, open fields, a tidal lagoon, trails for hiking and biking and scenic areas for fishing.

Details: Noel Losen, 748-1129, or Mark Battista, 706-9690

Hours: 8 a.m. to 30 minutes after sunset year round.

Directions: From I-95 take exit 61 (Route 10, Hopewell) east to first traffic signal. Turn left onto Old Stage Road (Route 732), travel two miles to stop sign at Coxendale and follow to park entrance on right, Henricus Park Road.



Winter Walk–Exploring the Tidal Marsh

Bushwhack and explore the tidal marsh. Find out why wetlands are important, which animals make their home in the marsh, and visit the Cypress Grove. Use binoculars or a spotting scope to view wintering waterfowl, such as Canada geese, widgeons, teals, shoveler and gadwall. Bring a snack and something warm to drink. Minimum age is 10.

Register by: January 20

Saturday, Jan. 25, 10 a.m.-noon

Henricus Visitor Center

\$4/person or \$7/family

Details: Mark Battista, 706-9690

Course #6576/6577

Starry Nights and Campfire Tales

Gather at the peninsula to view constellations and hear tales of the night sky. Also use the telescope to view the planets and other sky object. Afterwards, sit around the campfire for S'mores and other nature tales. Bring something warm to drink. Minimum age is 5. Friday, March 28, 7-9 p.m.

Register by: March 21

Henricus Visitor Center

\$5/person or \$12/family

Course #6580/6581

Details: Mark Battista, 706-9690

NEW! Aquatic WILD Workshop

Attention outdoor leaders, scouts, teachers, and other youth educators. Get the Aquatic WILD activities manual by attending this half-day workshop. Aquatic WILD is a collection of nature activities designed for K-12 which assist students in developing awareness, knowledge, skills, and commitment in being better stewards of our wildlife and land. The workshop will include both indoor activities and a wetland walk.

Saturday, April 5, 9 a.m.-1:30 p.m.

Henricus Visitor Center

FREE

Register by: March 26

Details and to register: Mark Battista, 706-9690, or Janit Potter, 796-6091.

**For more Nature Programs
see pages 15 and 16**

Winter Walk–Reading the Landscape

Hike along trails and bushwhack as we explore the area behind the heron rookery. Read signs that reveal the influence of humans and the environment. Also, scan the swamp for wood ducks, observe the rookery close-up, see old bomb craters and marvel at the beaver construction. Bring a snack and something warm to drink. Minimum age is 10. Register by: February 17
 Saturday, Feb. 22: 10 a.m.-noon
 Henricus Visitor Center
 \$4/person or \$7/family
 Details: Mark Battista, 706-9690

Course #6578/6579

Sky Watch

Join the Richmond Astronomical Society in roaming the night sky in search of star clusters, planets and other sky objects. View the cosmos with various telescopes. Activity lasts about one hour. Meet at the Clover Hill Athletic Complex on Genito Road.
 Friday, Feb. 7, 7:30 p.m.
 Friday, March 7, 7:30 p.m.
 Friday, April 4, 7:30 p.m.
 Friday, May 2, 8:30 p.m.
 Register at least one week before course. **FREE**
 Call 706-9690 to register. Details: Mark Battista, 706-9690

Virginia Birding Series

NEW! Pelagic Bird Trip

Head down to the Chesapeake Bay Bridge/Tunnel to view pelagic birds and other marine life. This trip will stop on the four islands and the observation deck. Possible sightings include the northern gannet, brant, king eider, harlequin duck, red-breasted merganser, peregrine falcon, common loon, scoters, little gull and marine life, such as whales and dolphins. Binoculars provided. Minimum age is 8. Register by: Feb. 3
 Saturday, Feb. 8, 7 a.m.- 2 p.m.
 Depart: Rockwood Nature Center
 \$15/person
 Details: Mark Battista, 706-9690

Course #6582

NEW! Beginning Birding

Join us for an introductory course in bird watching. See the abundance of birds during the spring migration. Start the day with a short slide show, then search for birds along the wetlands, James River, bottomland forest and open fields. Possible sightings include yellow and prothonotary warblers, northern parula, scarlet tanager, common yellowthroat, veery, great crested flycatcher, wood thrush, and more. Binoculars provided. Minimum age is 8.
 Saturday, May 3, 8 - 11 a.m.
 Depart: Henricus Visitor Center
 Register by: April 28
 \$5/person or \$12/family Details: Mark Battista, 706-9690

Course #6587/6588

Owl Prowl

Whooo's making that noise? Help the naturalist search for the elusive barred owl, learn how it is adapted to hunting at night, and examine owl pellets for clues about what an owl eats. Come dressed for the cold weather and bring a warm drink. Minimum age is 6. Register by: March 17
 Saturday, March 22, 6:30 - 8:30 p.m.
 Depart: Henricus Visitor Center
 \$5/person or \$12/family
 Details: Mark Battista, 706-9690

Course #6583/6584

NEW! Birding by Land and Water

Embark on two-part activity that takes you by foot and by pontoon boat to explore the bird life of the Dutch Gap Conservation Area. Look for arriving migrants such as yellow and prothonotary warblers along the wetlands. Search for scarlet tanagers and wood thrushes in the bottomland forest. Scan the water and riverbank for ospreys, kingfishers and bald eagles. Fee includes interpretive guide and binoculars. (Pontoon boat ride is free.) Minimum age is 8. An adult must accompany children 14 years of age or younger.
 Saturday, April 12, 9-11:30 a.m.
 Saturday, May 10, 9-11:30 a.m.
 Meet: Henricus Visitor Center
 Register at least one week before activity.
 \$11/person Details: Mark Battista, 706-9690

Course #6585

Course #6586

Birding is booming at Dutch Gap Conservation Area
Heron, osprey, the red-shouldered hawk and many species of duck all may be observed at Dutch Gap Conservation Area, which continues to grow in popularity with birders. In fact, Dutch Gap was recently designated by the Virginia Department of Game and Inland Fisheries as one of metro Richmond's premier locations for viewing birds and other wildlife.



Rockwood Nature Center Open for Spring!

Rockwood Nature Center will open for the season at noon on Saturday, April 5. Come out and try our bird-viewing window for children and use our binoculars. Visit our new hummingbird exhibit and find out how easy it is to attract and feed these wonderful birds.

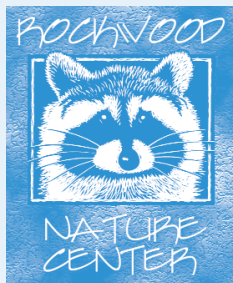
Location: Rockwood Park, 3401 Courthouse Road

Hours: April 5–October: Saturday and Sunday, noon–5 p.m.

June 21–Aug. 31: Thursday and Friday, 1–5 p.m.

Attention Educators: Come experience Rockwood Nature Center's many educational programs designed to correspond with science SOLs. Details: Judy Brown, 745-7020

Community Garden Plots—Details: Mark Battista, 706-9690.



Spring Tales and Trails

Join us for stories, hikes, games and adventures. On March 15, listen to stories about why snakes slither, birds fly and squirrels scamper. Investigate some unique ways animals have of getting around. On March 29, learn some American Indian legends about spring and the forest. Then go on a special nature scavenger hunt to find some hidden treasure. Activity designed for families with children ages 4–12. Register by March 10.

Saturday, March 15, 1-2:30 p.m.

Course #6645

Saturday, March 29, 1-2:30 p.m.

Course #6646

\$3/child each course. Details: Judy Brown, 745-7020

Celebrate Spring at Rockwood

Join us as we search the trails at Rockwood Park for signs that spring is here. Wander along the meadow and through the forest. Bring your lint and string to put out for birds to use in building nests. Make pine cone bird feeders to welcome our migrants back from their winter homes. Ages 6-9.

Friday, March 21, 3:30-4:30 p.m.

Course #6647

Register by: March 17.

\$3/child. Details: Judy Brown, 745-7020

NEW! Attention Teen Animal Lovers

What does a wildlife rehabilitator do? Find out with hands-on instruction, identification of native wildlife and role-playing activities focused on the care of wounded and orphaned wildlife. Receive a certificate upon completion from the Area Rehabbers Klub. Ages 14-17. Saturdays, March 22, March 29, April 5, 10 a.m.-noon.

Register by: March 17.

Course #6648

\$45/person. Details: Judy Brown, 745-7020

Virginia Snakes

Join us to learn interesting and exciting facts about the identification and habitats of native Virginia snakes. This activity is especially designed to overcome a fear of snakes. **FREE**

April 5, 2 p.m. Register no later than April 1.

Details: Judy Brown, 745-7020.

Dreamcatcher Workshop

What is a dreamcatcher? In this fun workshop learn which American Indian tribes made them, what materials they used and the numbers and colors considered sacred. Make your own dreamcatcher.

Sunday, April 6, 1-2:30 p.m. Register by March 30.

Details: Judy Brown, 745-7020

\$5/person

Ages 10 and older

Course #6649

\$2/person

Ages 9 and younger

Course #6660

NEW! Spring Eggstravaganza at Rockwood

Do only birds lay eggs? What are the biggest and smallest eggs in the world? Come find out at the EGGStravaganza. We will have many kinds of eggs on display for some hands-on fun. Play eggsciting games, make some eggstra special crafts and go on an Easter egg hunt. All ages and families welcome. Register by April 14.

Saturday, April 19, 10 a.m.-noon

Course #6651

\$2/child. Free for ages two and younger.

Details: Judy Brown, 745-7020

Tuesday Morning Backyard Nature Stories

Join us for stories and crafts related activities that encourage interest in our native plants and animals. Adult participation is required.

This activity is designed for the 4-5 years old, and we thank you for not bringing siblings. Tuesdays, 10-11 a.m.

\$3/child. Details: Judy Brown, 745-7020

March 11

The Listening Walk by Paul Showers

If you listen, nature will talk to you!

Course #6652

March 25

Gray squirrel at Pacific Avenue by Geri Harrington

Learn more about the habits of a squirrel

Course #6653

April 15

In a Nutshell by Joseph Anthony

Nuts, seeds and trees form the circle of life

Course #6654

April 29

Frog Odyssey by Juliet and Charles Snape

Frogs tell us much about man-made pollution

Course #6655

May 13

Hey Little Ant by Phillip and Hannah Hoose

Ants play an important part of nature

Course #6656

May 27

Gotta Go! Gotta Go! By Sam Swope

You will see the caterpillar change into a beautiful butterfly

Course #6657

NEW! Introduction to Map, Compass, GPS

How do you give directions to a spot in the middle of a forest? This course will cover the features of a topographic map, compass and how the two work together. A speaker from the Virginia Department of Game and Inland Fisheries will show how to use GPS technology for accurate location. In the last class everyone will be looking for buried treasure using these new skills. Minimum age is 12.

Tuesday, Wednesday, Thursday, May 20-22, 3:30-5 p.m.

Register by: May 13.

Course #6659

\$8/person. Details: Judy Brown, 745-7020

Backpacking Gourmet

Learn to plan, pack and prepare better-than-freeze dried—dare we say gourmet—meals for the back country. Explore elements of no-trace, low-impact, nutritious preparations for a weekend or week. Tuesday, Feb. 11, 7-9 p.m.

Parks Central Maintenance Building, 9201 Public Works Road
\$10 **Course #6537**

Mommy and Me Family Backpacking

This activity is intended primarily for mothers with children ages 5-10. It provides beginners with a backpacking experience in a positive, natural environment, focusing on the parent/child relationship. Fee includes transportation, guide, meals and all camping gear (except sleeping bag). Minimum age is 5.

Pre-meeting: Thursday, May 1, 7-8 p.m.

Parks Central Maintenance Building, 9201 Public Works Road
Saturday, May 10, 9 a.m. to Sunday, May 11, 5 p.m.

\$35 for adults; \$10 for children **Course #6538**

Skiing

Wintergreen Day Trip (No school day!)

Ski Wintergreen on your day off from school! Great for beginners. A free lesson is included with rentals. Participants may arrange snowboard rentals on their own at Wintergreen. Students age 13 and under must be accompanied by an adult.

Monday, Feb. 17; 6 a.m.-7 p.m.

Course #6567

Meet: Chesterfield Towne Center

\$49 includes lift and transportation (optional rentals, which include lesson; skis \$20/snowboard \$30)

Wintergreen Night Ski Trip

Trip for beginners and novices includes free lesson with equipment rental. Participants may arrange snowboard rentals on their own at Wintergreen. Youths 13 and under must be accompanied by an adult. All trips are 3 p.m.-1:30 a.m.

Jan. 24 **Course #6680**

Feb. 1 **Course #6569**

Feb. 22 **Course #6570**

Meet: Chesterfield Towne Center

\$39 includes lift and transportation (optional rentals, which include lesson (skis \$20/snowboard \$30)

Winter Lecture Series

Parks and Recreation will present its Winter Lecture Series, an annual event featuring guest speakers and films that focus on nature, the environment and outdoor adventure. Sponsored by E.I. duPont de Nemours and Company, Inc. and the Holiday Inn Select Koger Center. For more information, call Noel Losen at 748-1129.

Feb. 6: Wade Davis, National Geographic Society explorer, 7:30 p.m.

Feb. 20: Dawn and Jeff Ault, area residents who biked across America, 7:30 p.m. ([Click here for details on all speakers](#))

Feb. 27: Tim Cahill, acclaimed adventure writer, 7:30 p.m.

March 15: Banff Festival of Mountain Films, 6:30 p.m.

March 22: Banff Festival of Mountain Films, 6:30 p.m.

Chesterfield Challenge Course

Bring your group, organization, company, class, office or scout troop to the Challenge Course. The course consists of low and high elements designed to strengthen group dynamics, communication and willingness to work together, as well as promote an individual's initiative and confidence.

Details: 748-1124

Gem Hunt

Search Morefield Mine, Amelia County, for garnets, amazonite, topaz, smoke and colorless quartz, beryl and other gems. Includes admission/leadership. Bring a container to hold your finds.

Transportation not included. Minimum age is 8.

Saturday, April 12, 10 a.m.-2 p.m.

Morefield Mine, Amelia County.

\$8

Course #6539

Horseback-Learn to Ride

Learn riding fundamentals, including proper techniques in handling, mounting, dismounting, "posting" to the trot, diagonals and canter preparation. Wear long pants/ heeled shoes. Minimum age is 8.

Tuesdays and Thursdays, April 15, 17, 22 and 24, 6 - 7 p.m.

Hunter Lane Stables, 3578 Hunter Lane

\$80

Course # 6540

Learn to Rock Climb

Instruction covers equipment, safety and climbing techniques.

The evening course will be an introductory ground school held at Rockwood Park Nature Center; the activity is a full-day climbing at Great Falls Park on the Potomac River. Includes transportation, climbing shoes and equipment. Minimum age is 13.

Class: Thursday, April 10, 6:30-9 p.m.

Course #6542

Saturday, April 12, 6 a.m.-6:30 p.m.

Class: Thursday, May 15, 6:30-9 p.m.

Course #6543

Sunday, May 18, 6 a.m.-6:30p.m.

Maximum of eight participants in each course.

\$49 per course

After Work "Climb Time!"

This activity is especially for climbers without gear, who have taken an introductory course and want to practice their technique.

Equipment (including shoes) provided. Ropes set. Instructors supervise, give pointers and answer questions. No formal class.

Participants must have previous instruction. Minimum age 13.

Time: 6-8:30 p.m. Meet: Manchester Wall in Richmond

Tuesday, May 6

Course #6544

Tuesday, May 20

Course #6545

Tuesday, June 6

Course #6546

Tuesday, June 20

Course #6547

\$9 each course

Register at least one week in advance.

Details: Greg Velzy, 748-1124

Introduction to Touring Kayak

Touring kayaks, also known as sea kayaks, are more stable than whitewater kayaks and can carry provisions. Course will cover basics, including equipment selection, basic strokes, safety and local paddling destinations. Class is on a lake environment, and includes a tour of Dutch Gap Conservation Area. Includes boat and all equipment. Swimming ability required. Minimum age is 14. Saturday, May 24, 9 a.m.-4 p.m. **Course #6556**
Meet: Henricus Historical Park Visitors Center
\$49

Learn to Canoe

Course introduces basic paddling strokes and is held entirely on flatwater. Appropriate for lake canoers and beginners. Swimming ability required. Includes all equipment. Minimum age is 11 (ages 11-14 must take course with actively participating adult). Saturday, May 3, 9 a.m.-4 p.m. **Course #6562**
Meet: Henricus Historical Park Visitors Center
\$40 (youths 11-14, \$20)

Beginner Freshwater Fishing

Learn to identify different types of fish, cast, read local waters, tie knots, rig and select artificial lures. Program meets twice—a two-hour evening class, then a fishing activity. All equipment provided. A valid fishing license is required for participants over 16 years old. Minimum age is 8. Class: Tuesday, May 6; 6:30-8:30 p.m., Parks and Recreation conference room
Saturday, May 10, 8 a.m.-1 p.m. (Swift Creek Reservoir)
\$25/adult; \$15/youth under 14. **Course #6541**

Learn to Sail

Course provides an evening of classroom instruction, then spend a full day piloting a 31-foot sloop on Chesapeake Bay out of Deltaville. Sailing terminology, rigging, basic piloting, docking procedures and more will be covered. Transportation to marina is on your own. Swimming ability required. Minimum age is 15. Class: Parks and Recreation Administration Bldg., conference room, 6801 Wagners Way, 7-9:30 p.m.
Depart: Deltaville (directions provided), 9 a.m.-4 p.m.
Course 1: Tuesday, April 29, 7-9:30 p.m. **Course #6563**
Trip: Saturday, May 3, 9 a.m.-4 p.m.
Course 2: Thursday, May 15, 7-9:30 p.m. **Course #6564**
Trip: Sunday, May 18, 9 a.m.-4 p.m.
\$75

Day of Sailing

Bring a picnic lunch and board a 31-foot cruising sailboat for a day of sailing on the Chesapeake Bay. This is a great experience for first time sailors or those who would like more practice. Participants are responsible for transportation to marina. Minimum age is 13. Saturday, May 31, 9 a.m.-4 p.m. **Course #6565**
Depart: Deltaville (directions provided)
\$50

Virginia Boat Club

This cosponsored group provides recreational and competitive rowing to the community and high schools. Eight-man and four-man sweep rowing instruction. Details: Henry Holswade, 320-2984

For more details on outdoor adventure programs, call Greg Velzy, 748-1124.

Whitewater Kayaking

Beginning Whitewater Kayak

Spend a day on flat water learning kayak safety, technique and control. Day two is a whitewater river activity to introduce river reading/running and refine skills. Rental includes kayak, paddle, spray skirt, life jacket and helmet. Swimming ability required. Minimum age is 13. Saturday, May 3, and Sunday, May 4, 9 a.m.-5 p.m. daily
Huguenot Woods, James River Park System
\$87 or \$99 with rental **Course #6548**

Intermediate "Level 1" Whitewater Kayak Trip

This trip is designed to be the next step after the beginner class and for those who haven't been in their kayaks recently. Run in a clinic format, it covers stroke techniques, eddy turns, surfing, and confidence-building tips. Rental includes kayak, paddle, spray skirt, life-jacket and helmet. Previous formal whitewater kayak instruction required. Minimum age is 13. Saturday, May 10, 9 a.m. - 4 p.m. **Course #6555**
Pony Pasture, James River Park System
\$43 or \$49 with rental

Kayak Pool Rolling Courses

Learn and practice kayak rolling in an indoor pool. Small class size assures individual attention. Instructors teach/review beginners as well as experienced kayakers. Kayaks/equipment available. Minimum age is 13. Register at least one week in advance. Sundays, 9 a.m.-noon \$40 per course
Manchester YMCA, 7540 Hull Street Road
Jan. 12 **Course #6551**
Feb. 9 **Course #6552**
March 9 **Course #6553**
April 6 **Course #6554**

Kayak Play Days (Second and fourth Wednesdays monthly)

This after work, white water paddle is a great chance for beginners, especially those without a boat, to get water time with instructors. Equipment provided. (Does not include formal instruction or down-river runs). Previous formal instruction required. Minimum age is 13. 6 to 8:30 p.m. Pony Pasture, James River Park System
Wednesday May 14 **Course #6549**
Wednesday May 28 **Course #6550**
\$9

Senior Tennis

Organized for tennis players of all levels, 55 and older. Meet new tennis partners. Activity is ongoing. **FREE**
Mondays, Jan. 6-April 28, 10 a.m.-noon. Rockwood Park, courts 1-9.
Details: Judy Jones, 751-4135

Senior Men's Basketball

Men, 50 years old and older, can join for weekly recreational play.
Mondays, Jan. 6-March 31, 6:30-9 p.m.
Swift Creek Elementary, 13800 Genito Road
Details: Judy Jones, 751-4135

Senior Volleyball

Join fellow seniors. Come ready to bump, pass and set.
Mondays, Jan. 6-May 19, 6:30-9 p.m.
Hopkins Elementary, 6000 Hopkins Road.
Details: Judy Jones, 751-4135

Seniorcise

Stretch, reach and march yourself to a healthier condition. This upbeat and challenging class is set to music of the 1940s and 50s. Membership not required. Instructor: Laura Heidig
Mondays and Wednesdays, noon-1 p.m.
American Family Fitness, 9101 Midlothian Turnpike
\$40 Details: Judy Jones, 751-4135
Jan. 13-March 19 **Course #6015**
Register by: Jan. 8
March 31-June 11 (not held April 14, 16) **Course #6016**
Register by: March 26.

Amphill Senior Adult Activities

Activities taking place at Amphill Presbyterian Church, 2800 Falling Creek Ave., are made possible by cooperative efforts of Chesterfield County and funding by a Community Development Block Grant. **For an Amphill brochure or more details:**
Judy Jones, 751-4135.

Senior Aerobics

Workout includes low-impact exercises, basic steps set to music, strength training and stretching. Instructor is Kerri Helsley.
Mondays, Jan. 6-March 3, 9-10 a.m. (not held Jan. 20, Feb. 17)
\$10.50 **Course #6007**
Thursdays, Jan. 9-March 6, 9-10 a.m.
\$13.50 **Course #6006**
Mondays, March 10-April 28, 9-10 a.m.
\$12 **Course #6008**
Thursdays, March 13@May 1, 9-10 a.m.
\$12 **Course #6009**

Introduction to Yoga

This course incorporates easy postures, deep relaxation, breathing practices and meditation to help reduce stress and improve strength and flexibility. Instructor is Kerri Helsley.
Mondays, Jan. 6-Feb. 23, 10:20-11:20 a.m. (not held Jan. 20, Feb. 17)

Chesterfield TRIAD Senior Day

Chesterfield County TRIAD Senior Day is an opportunity for senior adults to visit with more than 50 businesses and nonprofit agencies to learn about opportunities and services to make your life safe, active and more enjoyable. Enjoy informational booths, speakers, entertainment and door prizes.
Wednesday, May 7, 10 a.m.-1 p.m.
Chesterfield County Fairgrounds Exhibition Hall
FREE Details: Judy Jones, 751-4135

Virginia Senior Games

Senior adults, ages 50 years old and older, will gather at various locations in Chesterfield County and the City of Richmond, in May, to compete in a variety of sports, including archery, basketball, tennis, horseshoes, swimming, volleyball and more.
Details: Virginia Recreation and Parks Society at 730-9447.

Craft Classes

Playful Snowman

Learn to paint a playful snowman on a gourd.
Tuesday, Feb. 25, 9 a.m.-1 p.m. Register by: Feb. 21
\$22 (fee includes supplies) **Course #6605**
Details: Judy Jones, 751-4135

Paint on Slate

Learn to paint an inspirational message on slate.
Tuesday, March 25, 9 a.m.-1 p.m. Register by: March 21
\$22 (fee includes supplies) **Course #6606**
Details: Judy Jones, 751-4135

See page 20 for Senior Adult Trips.

\$8.75 **Course #5986**
Thursdays, Jan. 9-Feb. 27, 10:20-11:20 a.m.
\$10 **Course #5987**
Mondays, March 10-April 28, 9-10 a.m.
\$10 **Course #6010**
Thursdays, March 13-May 1, 9-10 a.m.
\$10 **Course #6011**

Watercolor for Seniors

Tuesdays, Feb. 4-March 1, 10:30 a.m.-12:30 p.m. **Course #6013**
Tuesdays, March 25-April 29, 10:30 a.m.-12:30 p.m. **Course #6014**
\$35 (students must provide watercolor paper)

Crafts

Home of the Brave

Learn to paint a patriotic eagle on a chip wood box.
Friday, Feb. 28, 9 a.m.-1 p.m.
\$10 Register by: Feb. 21 **Course #6620**

Dragonfly Delight

Learn to paint a dragonfly on a flowerpot.
Friday, March 28, 9 a.m.-1 p.m.
\$10 Register by: March 21 **Course #6621**

NEW! Weekday Wanderers**The Brown and Williamson Conservation Area**

Visit our newest park site, the Brown and Williamson Conservation Area. The 262-acre conservation area has shoreline on the James River, a freshwater pond and forests. Bushwhack with a naturalist to search for bald eagles on the bluff and to explore the terrain. Fee includes transportation and interpretive guide.

Wednesday, Jan. 15, 9 a.m.-noon.

Course #6589

Thursday, Feb. 20, 9 a.m.-noon.

Course #6590

Depart: Henricus Visitor Center

Register at least one week before activity.

\$7 Details: Mark Battista, 706-9690

The Great Dismal Swamp

Hike and tour by van through one of Virginia's most spectacular ecosystems, the Great Dismal Swamp National Wildlife Refuge. Van tour four miles to Lake Drummond. The swamp is a haven for black bears, bobcats and over 200 species of birds, and plants such as Atlantic white cedar, dwarf trillium and silky camellia. Fee includes interpretive guide and transportation. Bring a lunch.

Tuesday, April 22, 8 a.m.-5 p.m.

Course #6591

Depart: Rockwood Nature Center

Register by: April 8

\$21 Details: Mark Battista, 706-9690

Osprey Trail

Trek four miles through First Landing State Park to observe ospreys and reach one of the highest natural points in Virginia Beach. Embark on the Osprey and Long Creek Trails that wander through dunes, carve around wetlands and cypress swamps and the shoreline of Broad Bay. Fee includes interpretive guide and transportation.

Wednesday, April 30, 8 a.m.-5 p.m.

Course #6592

Depart: Rockwood Nature Center

Register by: April 23

\$19 Details: Mark Battista, 706-9690

Senior Trips**The Tommy Dorsey Orchestra**

Swing back in time with an afternoon of tunes from the 1940s—Dixieland, rhythm and blues, ballads and jazz. Travel to the Music Theatre of Williamsburg to hear the sounds of the Tommy Dorsey Orchestra. Enjoy lunch at the Chickahominy House.

Saturday, March 1. Register by: Feb. 14

Pick up: Breckenridge Square, 9:45 a.m., return 5:30 p.m.

Pick up: Beaufont Mall, 10:15 a.m., return 6 p.m.

\$65 Details: Judy Jones, 751-4135 **Course #6627**

Mt. Vernon Tour/Spirit Cruise

Tour of the beautifully renovated Mount Vernon. After lunch at the Mount Vernon Inn, cruise the Potomac River on the Spirit. The afternoon will conclude with a drive through the Tidal Basin, with a stop for pictures and to see the Cherry Blossoms.

Thursday, April 3. Register by: March 13

Pick up: Breckenridge Square, 7 a.m., return 5:30 p.m.

Pick up: Beaufont Mall 7:30 a.m., return 6 p.m.

\$80 Details: Judy Jones, 751-4135 **Course #6629**

Wildflower Pilgrimage

Hike the Buffalo Creek Trail to reap the bounty of spring wildflowers. Registered with the Virginia Native Plant Registry, this 125-acre nature area is graced with an abundance of wildflowers. Experience spring colors such as yellow lady's slipper and green and gold as you traverse from creek bed to field to forest. Fee includes interpretive guide and transportation. Bring a lunch.

Wednesday, May 7, 8 a.m.-4:30 p.m.

Course #6593

Depart: Rockwood Nature Center

Register by: May 1

\$26 Details: Mark Battista, 706-9690

Wildlife and Birding Safari

Embark on two-part activity that takes you by foot and by pontoon boat to search for birds and other wildlife in the Dutch Gap Conservation Area. All activities are limited to five participants, so register early. Fee includes interpretive guide and binoculars. (Pontoon boat ride is free.) Meet at Henricus Visitor Center.

Thursday, May 8, 8-10 a.m.

Course #6594

Wednesday, May 21, 8-10 a.m.

Course #6595

Register at least one week before activity.

\$8/person Details: Mark Battista, 706-9690

Wildlife Excursion

Travel to one of the nation's premier wildlife hospitals, the Wildlife Center of Virginia, and meet its "wild" patients. Take a one-hour tour of the center and some of its patients. Next, take an excursion to the Blue Ridge to search for wildlife and wildflowers. Fee includes interpretive guide, admission to wildlife center and transportation. Bring a lunch.

Thursday, May 22, 8 a.m.-4:30 p.m.

Course #6596

Depart: Rockwood Nature Center

Register by: May 16

\$29 Details: Mark Battista, 706-9690

Discover the World of Yogaville

Travel to Yogaville in Buckingham County to discover this hidden Virginia treasure. In the morning enjoy a guided tour of Yogaville to include a visit to the Light of Truth Universal Shrine, the All Faiths Hall, a meditation gallery, photo gallery and gift shop. Enjoy a 360-degree view of the area, including the James River and the Blue Ridge Mountains. Following a vegetarian lunch buffet, the group will participate in a class or meditation and Chair Hatha. Learn simple yoga moves to do while sitting that help reduce stress.

Thursday, May 8. Register by: April 24

Pick up: Breckenridge Square, 9 a.m., return 6:30 p.m.

Pick up: Beaufont Mall, 9:30 a.m., return: 6 p.m.

\$53

Course #6631

Details: Judy Jones, 751-4135

**For more senior adult programs,
see page 21**

Henricus Historical Park

See Chesterfield County's earliest recorded history come to life at Henricus Historical Park. The 32-acre park includes the 1611 Citie of Henricus, site of the second successful English settlement in the New World. The Citie, which is being re-created, offers living history experiences and programs depicting early 17th century Virginia. The culture of Pocahontas and the Powhatan Indian tribe also is featured. The park is part of Dutch Gap Conservation Area. Details and to register: 706-1340

Henricus Comes Alive

See how settlers celebrate the end of a long 17th century winter and prepare for spring. Enjoy activities, including spinning, cooking, storytelling, candle making, games and military demonstrations. Saturday, March 15, 10 a.m.-5 p.m.
FREE (nominal fee for craft)
Details: (804) 706-1340

If You Work, You Get to Play

Experience a 17th century child's life through hands-on play and chore activities. Each child will make a craft to take home. Friday, April 11, 6-8 p.m. Register by April 10.
\$6 per child and adult; \$4 for additional children or adults
Details: (804) 706-1340

Spring Break Camp: Voyage to Virginia Camp

On the first day of camp, children ages 8-11 will "work in England" at Agecroft Hall, a 500-year old Tudor manor house originally from England. On the second day, they'll experience a 17th century indentured servant's life at Henricus Historical Park. Details: (804) 706-1340 or (804) 353-4241
Monday and Tuesday, April 14-15, 8:30 a.m.-5 p.m.
Drop-off/pick-up at Agecroft Hall. Register by: April 4
\$75 per child
Thursday and Friday, April 17-18, 8:30 a.m.-5 p.m.
Drop-off/pick-up at Henricus. Register by: April 4
\$75 per child

Chesterfield Historical Society

The Chesterfield Historical Society offers historical programs, activities and events featuring costumed interpreters, educators and noted museum professionals. Some events will be held at the society, located at 10201 Iron Bridge Road, and other programs will be held at off-site locations. For details, please call 777-9663, or visit www.chesterfieldhistory.com

9th Annual Society Lunchtime Lectures Series

Held at the historic Castlewood building, these 45-to-60 minute programs will feature Chesterfield and Virginia history. Participants are encouraged to bring their lunches.
Wednesdays, Feb. 12, 19 and 26, all at noon
Wednesdays, March 5, 12 and 19, all at noon
\$5 per person, Society members, \$3



Friends of Chesterfield's Riverfront

For more information about Friends, and to register for the programs below, call 796-6091 or e-mail to riverfronts@earthlink.net.

Project Wet Training

This SOL-based training is appropriate for elementary and middle school teachers, scout leaders and 4-H advisors. Feb. 26-27, 4-7 p.m.

Details: (804) 796-6091 Registration required.

Advanced Native Landscape Class

Explore advanced opportunities to use native plants in our landscapes and help preserve our water quality and the environment. Tuesday, March 4, 7-9 p.m.
Details: (804) 796-6091. Registration required.

Teachers' Resource Fair

Teachers (and others who work with youth) may meet environmental programmers to learn about their SOL-based curriculum. Wednesday, March 12, 4-7 p.m.
Details: (804) 796-6091. Registration required.

Bayscapes Workshop

Explore advanced opportunities to use native plants in our landscapes and help preserve our water quality and the environment. Tuesday, April 8, 7-9 p.m.
Details: (804) 796-6091. Registration required.

Henricus Volunteer Planting

Bring your gloves and shovels to assist the Alliance for the Chesapeake Bay's Restore Corps in planting a Bayscape Garden. Saturday, April 12, 9 a.m.-noon, Henricus Park Visitor Center.
Details: (804) 796-6091. Registration required.

More Senior Adult Programs

The Shepherd's Center of Chester

Chester Baptist Church, 4317 School St.
For adults 50 and older. Details: Beth Powner, 706-6689

Lifelong Learning Opportunities: Exercise, writing, politics, travelogues, history and nutrition classes meet Wednesdays, 9:30 a.m.-2:30 p.m., Jan. 15-March 5; March 26-May 21.

Transportation: Transportation to medical appointments is available to older area residents.

Canasta/Dominos Social: Meet Wednesdays, 10 a.m.-noon., Jan. 15-March 5; March 26-May 21
Details: Judy Jones, 751-4135

Senior Center of Richmond at Chesterfield

Located in the Featherstone Professional Center (Suite 105), 1807 Huguenot Road, this new center is open Mondays, Tuesdays and Thursdays, 9 a.m.-4 p.m., and offers dance, language classes, card and game groups, health and fitness, special events and trips for adults 50 and older. Details: 594-2339

Additional Wednesday classes will be scheduled for the spring.
Details: Judy Jones, 751-4135.

Ice Skating

Come skate the day away. Learn to skate, or improve your skills. Classes consist of a half-hour of instructed practice time and a half-hour of non-instructed practice time. All fees include skate rental and gloves. Helmets recommended. Family members may skate for an additional fee of \$16 during the eight-week course. Richmond Ice Zone, 636 Johnston Willis Drive
\$99 Register at least one week before activity.
Details: Charles Hester, 748-1130

Basic Youth

Learn the basics, including the proper way to fall and get up, forward and backward skating and how to stop. Minimum age is 7. Saturdays, March 1-April 26, 9:20-10:20 a.m. (not held April 19)
Course #6273
Saturdays, May 3-June 21, 9:20-10:20 a.m.
Course #6279

Basic Adult

Designed for beginners, this class promotes physical fitness, improves balance and coordination and teaches proper techniques. The class is divided into four levels, so skaters may progress at an individual rate. Minimum age is 16. (not held April 14)
Mondays, March 3-April 28, 6:30- 7:30 p.m.
Course #6275
Mondays, May 5- June 23, 6:30-7:30 p.m.
Course #6276

Snowplow Sam

Designed for preschoolers to develop the preliminary coordination and strength necessary to maneuver on skates and be comfortable on the ice. Maximum age is 6.
Saturdays, March 1-April 26, 9:20-10:20 a.m. (no class 4/19)
Course #6274
Saturdays, May 3-June 21, 9:20-10:20 a.m.
Course #6277

Basic Hockey Skating

Learn the fundamentals of hockey skating, including how to maneuver faster and be more agile on the ice. Because the focus will be on developing proper skating technique, all elements will be taught without a stick or puck. Minimum age is 14.
Saturdays, March 1-April 26, 9:20-10:20 a.m. (not held April 19)
Course #6281
Saturdays, May 3- June 21, 9:20-10:20 a.m.
Course #6280

Golf at Windy Hill

Sports Complex, 16500 Midlothian Turnpike
\$55 Register at least one week before activity.
Details: Charles Hester, 748-1130

Beginner Adult

Instruction in grip, stance and swing fundamentals. Bring clubs. Minimum age is 15.
Tuesdays, 6:30-7:30 p.m.
March 4-25 **Course #6493**
April 8-29 **Course #6495**

Beginner Youth

Learn the basics of grip, stance and full swing for irons, driver and fairway clubs. Short game, chipping and putting, plus course rules and etiquette. Includes clubs and balls. Ages 6-17.
Saturdays, May 10- June 7, 2-3 p.m. **Course #6496**

Intermediate Adult

Develop and enhance skills, including side hill lies, reading greens and bunker play. On-course lesson included. Bring clubs. Minimum age is 15.
Thursdays, April 10- May 1, 7-8 p.m. **Course #6498**
Thursdays, May 8-29, 7-8 p.m. **Course #6500**

Senior Golf Clinic

Learn grip, stance and swing. Play on the driving range and a Par 3 golf course. Open to men and women who are at least 50 years older. Clubs and balls will be provided.
Wednesdays, April 9-30, 10-11 a.m. **Course #6501**

Pee Wee Golf Camp

Designed for juniors ages 4-6, this camp teaches golf swing basics and how to play the game. Participants will practice on a pee wee (junior-sized) golf range and play on their own pee wee golf course. Monday-Wednesday, June 9-11, 3:45-4:45 p.m.
Course #6625
Wednesday-Friday, July 9-11, 8:30-9:30 a.m.
Course #6626

The First Tee Chesterfield

The First Tee is located in Iron Bridge Park and includes an 18-hole golf course, driving range with practice areas, and three-hole/par-three practice course. The facility provides affordable access to golf for all ages, with a special emphasis on youths. **Details:** 275-8050



(low and high balance beams, rope and vault)
Mondays, Jan. 27-March 24, 4-5 p.m. **Course #6502**

Intermediate

Ages 8-12. Emphasis on development of combinations of tricks on the floor and on equipment. Detailed work on tumbling skills, including walkovers and front and back handsprings. Prerequisite must be skilled enough to practice alone or with instructor recommendation.
Mondays, Jan. 27- March 24, 5-6 p.m. **Course #6504**

Gymnastics

For youths, ages 5-15 years.
A.M. Davis Elementary School, 415 S. Providence Road
\$55 Register at least one week before activity.
Details: Charles Hester, 748-1130

Beginner

Ages 5-10. Introduction to tumbling, coordination and safety. Stunts include cartwheels and handstands. Introduction to equipment

Tennis

United States Professional Tennis Registry (USPTR) instructor teaches all classes. Bring a racket, balls provided. If class is canceled due to weather, one make-up class will be scheduled.

Beginner

Learn fundamentals, including basic strokes (forehand, backhand and serve). Rules, scoring and court etiquette will be covered.

Advanced Beginner

Practice hitting the ball where you want it to go. Stroke production and basic strategy are covered.

Intermediate

Learn topspin and slice, plus play doubles. Focus on shot placement. \$35 per course Register at least one week before class.

Midlothian Middle School

13501 Midlothian Turnpike
Details: Charles Hester, 748-1130

Beginner Youth/Teen

Tuesdays, April 18-May 20

Youth (8-12), 6:30-7:30 p.m.

Course #6121

Teen (13-17), 7:30-8:30 p.m.

Course #6287

Beginner Adult

Wednesdays, April 9-May 21, 6:30-7:30 p.m. **Course** #6113
(not held April 16).

Advanced Beginner Adult

Wednesdays, April 9-May 21, 7:30- 8:30 p.m. (not held April 16)

Course #6291

Intermediate Adult

Thursdays, April 10-May 22, 6:30-7:30 p.m. (not held April 17)

Course #6118

Doubles

Thursdays, April 10-May 22 (not held April 17)

7:30-8:30 p.m.

Course #6633

L.C. Bird High School

10301 Courthouse Road Extension.

Instructor is Bill Redd.

Details: Mark Pinney, 748-1992

Saturdays, April 4-May 17 (no class 4/12)

Beginner Adult

8-9 a.m.

Course #6115

Advanced Beginner Adult

9-10 a.m.

Course #6117

Beginner Youth

10:15-11:15 a.m.

Course #6120

Intermediate Adult

11:15 a.m.-12:15 p.m.

Course #6119

Athletes In Motion (AIM USA)

Athletes in Motion is a cosponsored organization dedicated to providing affordable, quality activities for youths, ages 4-15. The self-defense/safety-awareness course is taught by certified black belt instructors. A cheerleading prep course and a modern jazz course are offered.

Details: Jim or Susan Johnson, 323-5985

Munchkin Tennis 1

Youths, ages 4 -7, will be taught agility, hand-eye coordination, motor skills, and ball handling by a certified United States Professional Tennis Registry (USPTR) professional. Bring a junior racket. Balls provided. Lessons will be on court games, drills and instruction. If any class is canceled due to weather, one make-up class will be scheduled.

Huguenot Park Tennis Courts (beside Shelter 2) Early Settlers Rd. \$35 Register at least one week before course.

Details: Charles Hester, 748-1130

Tuesdays, ages 4-5, March 18-April 29, 5-5:45 p.m.

Course #6505 (not held April 15)

Thursdays, ages 6-7, March 20-May 1, 5-5:45 p.m.

Course #6506 (not held April 17)

Thursdays, ages 6-7, March 20-May 1, 5:45-6:30 p.m.

Course #6507 (not held April 17)

Munchkin Tennis 2

Youths who have already taken Munchkin Tennis will receive more advanced instruction from a certified United States Professional Tennis Registry (USPTR) professional. Bring a junior racket, balls provided.

Huguenot Park Tennis Courts (beside Shelter 2) Early Settlers Rd. \$35 Register at least one week before course.

Details: Charles Hester, 748-1130

Tuesdays, ages 6-8, March 18-April 29, 5:45-6:30 p.m.

Course #6509 (not held April 15)

Karate

Learn the fundamentals of Okinawa and Shorin Ryu-Style Karate. The classes emphasize respect, honesty, dedication, motivation and honor. Classes include stretching and exercise, blocks, strikes, kicks, sparring drills and self-defense. All are encouraged to participate. Ages 9 and up. Midlothian Middle School, 13501 Midlothian Tpke. \$55 Register at least one week before activity.

Details: Charles Hester, 748-1130

Beginner

Mondays and Wednesdays, 6:30-7:30 p.m.

Jan. 27-March 10 (not held Feb. 17)

Course #6306

March 12-April 28 (not held April 14,16)

Course #6308

Advanced

Mondays and Wednesdays, 7:30-8:30 p.m.

(requires instructor's permission)

Jan 27-March 10 (not held Feb. 17)

Course #6309

March 12-April 28 (not held April 14,16)

Course #6310

Fencing

Join the Chester Knights Fencing Club. Instructor Karl Przystawik has taught students who have won state and national awards.

Ongoing until end of school year. Minimum age is 8.

Mondays, 6:30-8:30 p.m.

Salem Church Middle School, 9700 Salem Church Road

Details: Karl Przystawik, 275-0539

Come Out and Play Chesterfield

This activity will emphasize FUN while teaching youths, ages 6-12, leisure skills to last a lifetime. Each camp will focus on developing social skills, enhancing leisure lifestyles and self-esteem and improving health and wellness. Financial assistance is available. Longer hours will be available for summer school participants.

Monday-Friday 1-5 p.m.

July 7-18 \$30

July 21-Aug. 8 \$45

Bellwood Elementary School

July 7-18: **Course #6153** July 21-Aug. 8: **Course #6154**

Bensley Elementary School

July 7-18: **Course #6149** July 21-Aug. 8: **Course #6150**

Beulah Elementary School

July 7-18: **Course #6145** July 21-Aug. 8: **Course #6146**

Ettrick Elementary School

July 7-18: **Course #6158** July 21-Aug. 8: **Course #6159**

Harrowgate Elementary School

July 7-18: **Course #6162** July 21-Aug. 8: **Course #6163**

Jacobs Road Elementary School

July 7-18: **Course #6253** July 21-Aug. 8: **Course #6254**

Details:

Ettrick and Harrowgate elementary schools: Jackie Maclin, 748-1123. Bellwood, Bensley and Beulah elementary schools: Mark Pinney, 748-1992. Jacobs Road Elementary School: Dave Caras, 748-1132

Camp Chesterfield

A week of fun for youths, ages 6-12 at Pocahontas State Park. Adult-supervised activities include nature activities, games, swimming, archery, arts and crafts, boating and catch-and-release fishing. Friday ends the camp with a climbing wall, camp talent show and cookout. Staff-to-child ratio is 1-to-10. Bus service, included in fee, is provided from four locations. Please indicate bus stop on registration form. Staff is on duty to supervise children beginning at 7:30 a.m. and after drop off until 5:30 p.m. (Note: No staff is on duty at Pocahontas State Park bus stop. Parental supervision is required.) Details will be mailed.

Monday-Friday, 9 a.m.-3:30 p.m. (does not include travel time)

June 30-July 3 (not held 7/4) **Course #6510**

July 7-11 **Course #6511**

July 14-18 **Course #6512**

July 21-25 **Course #6513**

July 28-Aug. 1 **Course #6514**

Aug. 4-8 **Course #6515**

A bus/van will transport children to and from camp. Bus/van stops: Point of Rocks Parks (playground): pick up 8:15 a.m./return 4:15 p.m. Huguenot Park (shelter 2, Early Settlers Landing Road); pick up 7:55 a.m./return 5 p.m.

Rockwood Park (playground); pick up 8:15 a.m./return 4:30 p.m.

Iron Bridge Park (playground); pick up 8:30 a.m./return 4 p.m.

Pocahontas State Park (no staff present); pick up 8:45 a.m./return 3:45 p.m.

June 30-July 3: \$112 All other dates: \$140

Details: Charles Hester, 748-1130 Click [here](#) for more Camps.

Teens and Pre-Teens Counselor In Training (CIT)

For Come Out and Play Chesterfield and Camp Chesterfield

Hey teens! Become a camp Counselor-In-Training (CIT). The CIT Course provides a growth experience for ages 13-17 and offers an introduction to the principles of leadership. Teens contribute to camp activities by working with staff to lead younger campers in various recreational activities. Daily schedules for CITs may be adjusted to accommodate special needs and/or interests. Training with camp staff will be scheduled. Training fees from \$30-\$45.

Details: Bellwood and Bensley, Beulah elementary schools: Mark Pinney, 748-1992; Jacobs Road Elementary School: Dave Caras, 748-1132; Ettrick and Harrowgate elementary schools: Jackie Maclin, 748-1123; Camp Chesterfield: Charles Hester, 748-1130 July 7-18, \$30. July 21-Aug. 8, \$45.

Locations available to CITs:

Bellwood

July 7-18 #6217

July 21-Aug. 8 #6218

Bensley

July 7-18 #6206

July 21-Aug. 8 #6208

Beulah

July 7-18 #6219

July 21-Aug. 8 #6220

Summer Teen Centers

Chesterfield County middle- and high-school teens are welcome to join the fun. Nearby centers have various activities, such as billiards, basketball, video games and trips.

Free. (There is a nominal charge for some trips)

Clover Hill Area Teen Center

Swift Creek Middle School

Details: Dave Caras, 748-1132

Ettrick Teen Center

Mayes-Colbert Ettrick Comm. Bldg.

Details: Jackie Maclin, 748-1123

Greenfield Teen Center

Greenfield Community Bldg.

Details: Charles Hester, 748-1130

Meadowbrook Area Teen Center

Hening Elementary School

Details: Mark Pinney, 748-1992

Teen Adventure Camp

Teens, ages 13-15, experience various adventure elements including rock climbing at Great Falls Park, bike riding in False Cape State Park and kayaking in the Atlantic Ocean. July 29-31, times vary.

\$120

Course #5949

Details: Dave Caras, 748-1132

Eco-Adventure Camp (Ages 12-14)

Explore and learn about coastal Virginia. Day one: paddle the tidal waters of Dutch Gap Conservation Area. Day two: paddle to the New Point Comfort Lighthouse on Chesapeake Bay. Day three: use sit-on-top kayaks to paddle with dolphins along the Atlantic Coast. Tuesday-Thursday, June 24-26, 9 a.m.-2 p.m.

Register by: May 24

\$120 per person

Course #6597

Details: Mark Battista, 706-9690

Munchkin Tennis Camp

Develop agility, coordination, and motor skills with certified United States Professional Tennis Registry (USPTR) instructor. Bring junior racket. Balls will be provided. Ages 5-7.

Monday-Friday, July 7-11, 9:30 a.m.-noon **Course #6523**
Huguenot Park Tennis Courts (Shelter 2) Early Settlers Road
\$100 Register at least one week before camp.
Details: Charles Hester, 748-1130

Music Camp

Candy Banks instructs in piano, glockenspiel, recorder, percussion instruments and folk dance. Children learn simple dance steps, read and play simple songs. Ages 5-8.

Monday-Friday, July 7-11, 9:15 a.m.-noon **Course #6528**
Huguenot Park Tennis Courts (Shelter 2) Early Settlers Road
\$80 Register at least one week before camp.
Details: Charles Hester, 748-1130

Around the World with Kindermusik® Camp

Instructor Candy Banks leads children, ages 4-7, in a variety of multicultural music, dance and arts and crafts. Ethnic snack included.

Monday-Friday, 9 a.m.-noon. Register at least one week before camp.
July 14-18 **Course #6524**
Huguenot Park Tennis Courts (Shelter 2) Early Settlers Road
\$90 (includes cost of material)
Details: Charles Hester, 748-1130

Near and Far-Kindermusik Camp

Instructor Candy Banks shows children ages 4-7 a variety of world habitats using music, instruments, stories and arts and crafts. Ethnic snack included. Register at least one week before camp.

Monday-Friday, July 21-25, 9 a.m.-noon.
Huguenot Park Tennis Courts (Shelter 2) Early Settlers Road
\$90 (includes cost of material) **Course #6624**
Details: Charles Hester, 748-1130

Little House on the Prairie Camp

Exploration of the Laura Ingalls Wilder book series, Little House on the Prairie. Activities such as square dancing, sewing, crafts and role play. Culture/history of the period will be covered. Ages 8-12.

Monday- Friday, 10 a.m.-3 p.m.
July 7-11 **Course #6526**
July 14-18 **Course #6527**
\$65 per camp
Details: Charles Hester, 748-1130.

Camp Crenshaw

This camp for children ages 6-12 will offer a variety of activities including sports, arts and crafts, music and games.

Monday-Friday, July 7-Aug. 8, 1-5 p.m.
\$75 **Course #6252**
Crenshaw Elementary, 11901 Bailey Bridge Rd
Details: Dave Caras, 748-1132

Tennis Camp

United States Professional Tennis Registry (USPTR) instructor teaches forehand, backhand, serving, scoring and court etiquette. Bring racket. Balls will be provided. Ages 8-12.

Monday-Friday, 9:30 a.m.-noon
July 14-18 **Course #6521**
July 28-Aug. 1 **Course #6522**
Huguenot Park Tennis Courts, Early Settlers Road, Shelter 2
Register at least one week in advance of each camp.
\$100 per camp
Details: Charles Hester, 748-1130

Camp Red Tail Hawk

Go beyond a traditional day camp experience. Children, ages 8-12, will enjoy sports, games, arts and crafts, plus archery, rock climbing and nature activities. Concludes with a cookout for participants/parents. Inclement weather may cause some day cancellations.

Monday-Friday, 8 a.m.-noon, Rockwood Park, Shelter 4
June 30- July 11(no camp July 4) **Course #5939**
July 14-25 **Course #5940**
July 28-Aug. 8 **Course #5941**
\$80 per camp
Details: Dave Caras, 748-1132

Learn to Ice Skate Camp

Beginners/intermediates have fun learning the basics at a recreational level and beyond. Snack and skate rental included.

Monday-Friday, July 7-11, 1-5 p.m.
Ages 5-8 **Course #6516**
Ages 9-12 **Course #6517**
Richmond Ice Zone, 636 Johnston Willis Drive
\$100 Register at least one week before camp.
Details: Charles Hester, 748-1130

Youth Adventure Camp

Youths, ages 10-12, experience various adventure elements including rock climbing at Great Falls Park, hiking the South River Falls Trail in Shenandoah National Park and kayaking in the North Bay.

June 17-19, times vary
\$120 **Course #5948**
Details: Dave Caras, 748-1132

River Camp

Children will experience and learn about the river's history, economy and environment. Campers, ages 9-12, will enjoy nature, fishing, canoeing/kayaking and other activities. This is a cooperative program of Parks and Recreation, Friends of the Chesterfield Riverfront and The Henricus Foundation.

Monday-Friday, July 21-25, 9 a.m.-4 p.m.
Henricus Historical Park
\$110 Register by: July 11
Details: 804-706-1340

Clown Camp

Youths, ages 9-12, will learn skits, parade participation, juggling, magic and makeup/costumes. Make balloon animals too.

Monday-Friday, July 14-18, 12:30-4:30 p.m.

Bailey Bridge Middle School, 12501 Bailey Bridge Road
\$60 **Course #5942**

Details: Dave Caras, 748-1132

Horseback Riding Camp

Children, ages 8 and older, learn riding fundamentals or improve skills. Includes techniques in handling, mounting, dismounting, posting to trot, diagonals and canter preparation. Wear long pants and heeled shoes.

Monday-Friday, June 23 - 27, 8:30 a.m.-12:30 p.m.

Hunter Lane Stables, 3578 Hunter Lane **Course #6622**
\$155 Details: Greg Velzy, 748-1124

Nature Camps

Have fun learning about nature this summer. All camps, conducted by experienced naturalists, encourage exploration and discovery, and emphasize our responsibility to tread lightly upon our earth and to respect all living things. All participants, except Summer Sprouts, must bring lunch daily. A snack will be provided. Drop-off and pick up will be at Rockwood Nature Center. All camps limited to 12 children. Details: Judy Brown, 745-7020

Summer Sprouts

(Ages 4-5, rising Kindergartners)

Enjoy hands-on nature exploration, hike, play games, sing and create cool nature-inspired works of art. Learn about trees, frogs, turtles, snakes, insects, squirrels, beavers and more. Come join us for a "nature-ific" week at Rockwood Park. Children may register for only one camp.

Monday-Friday, June 23-27, 9 a.m.-noon **Course #6634**

Monday-Thursday, June 30-July 3, 9 a.m.-noon **Course #6635**
\$65 per course

Nature Nuts

(Ages 5-6 years, rising first graders)

Unravel some of nature's secrets by hiking through forests, fields and wetlands. Get buggy in the meadow, collecting and observing insects. Tromp to the swamp and discover who lives at the edge of Gregory's Pond. Meet Rockwood Nature Center's resident snakes, turtles and amphibians. Nature crafts, games and songs will enhance our daily explorations of the varied habitats of Rockwood Park. Children may register for only one camp.

Monday-Friday, June 23-27, 1-5 p.m. **Course #6636**

Monday-Friday, July 14-18, 9 a.m.-1 p.m. **Course #6637**
\$75 per course

Insect Investigators

(Ages 7-9 years, rising second, third and fourth graders)

If bugs don't bug you and spiders don't scare you, then spend a fun-filled week learning about these six-and-eight-legged creatures through games, crafts, and hikes. We will make our own insect nets, create camp T-shirts, and do other buggy craft projects. Field trips and guest speakers will enhance our investigations. Camp will conclude with an evening hike for the whole family as we search for nocturnal insects. Join us for a buzzerkin good time!

Monday-Friday, July 7-11, 9 a.m.-2 p.m.

Friday, July 11, night hike, 9-10 p.m.

\$85 **Course #6638**

Konservation Kids

(Ages 7-8, rising second and third graders)

Ever heard of the 3 Rs? No, not reading, writing and arithmetic. How about reduce, reuse and recycle? This fun-filled camp teaches kids about the importance of conserving our natural resources. We will play games, explore Rockwood Park, learn about our local wildlife (with hands-on explorations of the animals that reside at the nature center), and do some eco-special crafts while investigating the role humans have as stewards of our earth.

Monday-Friday, Aug. 4-8, 9 a.m.-1 p.m.

\$75 **Course #6639**

Reptile Rage

(Ages 8-11, rising third, fourth and fifth graders)

Fascinated by frogs? Smitten by snakes? In love with lizards? Come investigate the wild and wacky world of herps (amphibians and reptiles) through games, songs and crafts. Observe and identify local herps in their natural habitats, meet our resident specimens, and keep a journal of your findings. Design and create your own exhibit for our 3rd annual reptile fair. Included is a field trip to the marsh at Point of Rocks Park, the habitat of the cottonmouth in Chesterfield County.

Monday-Friday, July 28-Aug. 1, 9 a.m.-1 p.m.

\$85 **Course #6640**

Virginia Eco-Explorers

(Ages 9-11, rising fourth, fifth and sixth graders)

Attention all habitat hounds and eco-detectives. In this new hands-on camp, we will be investigating why particular animals and plants are found in only certain areas of Virginia. Do you know what the five regions of Virginia are? Hint: In Richmond, we live in the Piedmont. We will explore the landscape of Virginia through hikes, games and an overnight camping trip. Join us for this exciting adventure!

Monday-Wednesday, July 21-23, 9 a.m.-2 p.m.

Thursday and Friday, July 24-25, overnight camping trip to the Blue Ridge Mountains. At least one or both parents or guardians must accompany a child.

\$150 **Course #6641**

Therapeutic Camp

Summer Adventures

Summer Adventures Camp provides an exploration of various leisure activities for young adults, ages 13-21, with mental retardation. Emphasis on physical- and leisure-skill development to include art, music therapy, games, nature awareness, social interaction, community outings and more. Prerequisite skills: tolerance of group activities and outings. Register by: June 9.

Monday-Thursday, July 7-Aug. 7, 12:30-5 p.m.

Manchester High School

\$150

Course #6038

Details: Erika de Witt, 751-4134

Silent Camp

This camp is designed for youths, ages 10-15, who are deaf and/or hard of hearing to meet each other and enjoy recreational opportunities. The camp also is open to siblings of youths who are deaf and/or hard of hearing. All participants must be fluent in American Sign Language.

Monday-Friday, July 7-11, 1-4 p.m.

Course #6612

Monday-Friday, July 14-18, 1-4 p.m.

Course #6613

Monday-Friday, July 21-25, 1-4 p.m.

Course #6614

Monday-Friday, July 28-Aug. 1, 1-4 p.m.

Course #6615

Salem Church Middle School

\$75 per course

Register by: June 9

Details: Erika de Witt, 751-4134

Horseplay

Let's saddle up and go riding at the new horse ring at the Chesterfield County Fairgrounds! Horseplay is for youths, ages 6-16, and adults, ages 17 and older, with physical or mental disabilities who want to learn riding basics. This activity enhances coordination, balance, strength and endurance. Adaptive equipment is available for up to three participants using wheelchairs. Volunteers are needed. Details: Erika de Witt, 751-4134.



\$40

Register by March 24

Monday, March 31-April 28 (not held April 14)

Rain date: May 5

Youth class: 6-6:45 p.m.

Course #6031

Adult class: 7-7:45 p.m.

Course #6034

Monday, May 12-June 19 (not held May 26)

Rain date: June 16

Youth class: 6-6:45 p.m.

Course #6658

Adult class: 7-7:45 p.m.

Course #6650

Self Defense

Individuals with hearing impairments are invited to join this new self defense class called HoKoRi Shin. With the assistance of on-site volunteer interpreters, Instructor William Hajacos will teach self-defense, self-discipline and meditation. Students will earn different belts as they progress in this ongoing activity. Uniforms must be purchased within the first month for an additional fee. Ages 8 and older are welcome.

Bensley Community Building, 2900 Drewry's Bluff Road

Mondays and Wednesdays, 6:30- 8:30 p.m.

\$40 per session. Register at least two weeks before each session.

Details: Erika de Witt, 751-4134

Feb. 3-Feb. 26

Course #6032

March 3-March 26

Course #6033

March 31-April 30

Course #6035

(not held April 14,16)

Line Dance

Instructor Bev Martin teaches line dancing to popular country and pop tunes. Course is designed for youths and adults with mental retardation and learning disabilities. Does not require a partner. Volunteers are welcome. Minimum age is 16.

Thursdays, Jan. 9-Feb. 27, 7-8 p.m.

Register by: Jan. 8

(Not held Jan. 30 or Feb. 13)

Course #6037

Thursdays, March 20-May 8, 7-8 p.m.

Register by: March 6

(Not held March 27 or April 17)

Course #6618

St. Michael's Episcopal Church, 8706 Quaker Lane

\$24 per course

Details: Erika de Witt, 751-4134.

Basic Sign Language

Learn the basic vocabulary skills of sign language. The course covers the alphabet and basic conversational signs. Minimum age is 16.

Tuesdays, Feb. 4-April 1 (not held Feb. 18) 7-9 p.m.

L.C. Bird High School, 10301 Courthouse Road

\$40

Course #6012

Register by: Jan. 21

Details: Erika de Witt, 751-4134.

Adapted Snow Ski

Snow skiers with physical disabilities can join others for Adaptive Ski Clinics at Massanutten Ski Resort on weekends. This highly accommodating program provides trained volunteers to assist persons on the slopes and provides a variety of adaptive ski equipment.

Details: Erika de Witt, 751-4134. Click [here](#) for more information.

Don't forget that there are other activities listed in this publication that are available to you. Take a look throughout the Program Guide to see what you might like to try. Assistance and/or accommodations are available to persons with disabilities.

Details: Erika de Witt at 751-4134.

Ghirlwinds

One of Chesterfield's most popular dance ensembles is the Famous Ghirlwind Dancers. This high-kicking squad for individuals with developmental disabilities has performed at the County Fair, parades and various other functions. Coach Pamm Goode says there is no age limit on being a Ghirlwind and absolutely no limit on the amount of fun! Purchase of a \$30 uniform is required.

Mondays, Jan. 6-March 17, 6-7:30 p.m.

Evergreen Elementary School Cafeteria

Mondays, March 24-May 12, 6-7:30 p.m.

Evergreen Elementary School Outdoors (weather permitting)

Details: Erika de Witt, 751-4134

Wheelchair Sports

Youths, ages 8-18 with physical disabilities, and other interested participants are invited to join this open gym wheelchair sports activity. This activity will begin with basketball and may branch out to various other sports depending on participant interest. Participants are encouraged to bring their own wheelchairs, however, a limited number are available.

Mondays, Jan. 6-June 11, 6-8 p.m.

Providence Middle School, 900 Starlight Lane

Details: Erika de Witt, 751-4134

TGIF

This activity is for survivors of brain injury, ages 18 and older. Chesterfield County Parks and Recreation is teaming up with Hanover County Parks and Recreation and Henrico Division of Recreation and Parks to bring you T.G.I.F.! Every first Friday, the group will meet for the social event of the month. If you enjoy dining, dancing and having fun with good friends, you'll want to be a part of T.G.I.F.

Details: Erika de Witt, 751-4134

Spring Prom

Join the fun at this annual dance for those who are 16 years old and older with mental retardation. Refreshments, great music and good friends will keep you dancing all night long! Parents are also invited to enjoy light refreshments next door. Supported by the Knights of Columbus Council #6189.

Saturday, May 17

Bishop Ireton Center, 3300 Old Courthouse Road

FREE Register by: April 25

Details: Erika de Witt, 751-4134



Special Olympics

Athletes with mental retardation or cognitive delay, ages 8 and older, are invited to register for participation in Special Olympics. SOVA Chesterfield County offers a variety of sports, including roller skating, snow skiing, golf, ice skating, track and field, aquatics and tennis, as well as unified (partnered) team sports such as soccer, volleyball, basketball, softball and bowling. Skills training is offered in golf, volleyball, basketball, soccer, skiing, swimming, tennis and roller skating. Winter and spring sports offered are listed below. Details: Erika de Witt, 751-4134

Snow Ski Training (dry land training required)

Wednesdays, Jan. 8-Feb. 26, 6:30-8:30 p.m.

Salem Church Middle School Commons Area

Aquatics and Swim Skills

Assessments, Saturday, Jan. 18, 1-3 p.m.

Saturdays, Jan. 25-June 7, Aquatics: 1-2 p.m.; Swim Skills: 2-3 p.m.

Riverside Wellness and Fitness Center at Briarwood, Robious Road

Tennis

Call 751-4134 for details.

Track and Field

Mondays, March 24-June 2, 5-6:30 p.m.

Manchester High School

Unified Sports

Volunteers are paired with athletes with mental retardation to form teams, which compete in a league. Provides training and continuity of sport and social skills.

Unified Basketball Full Court

Mondays, Jan. 6-March 17, 6-9 p.m.

Swift Creek Middle School

Unified Basketball Half Court and Skills

Mondays, Jan. 6-March 17, 6-8:30 p.m.

Evergreen Elementary School

Unified Bowling League

Fridays, Feb. 7-April 11, 6-8:15 p.m.

Bowl America Southwest, Hull Street Road

Unified Softball Assessments

Sundays, March 2 and 9, 1 p.m.

Bensley field

Unified Softball Tournament League

Sundays, March 16-June 15, 1-4 p.m.

Bensley Park (both fields)

Unified Softball Recreation League

Sundays, March 16-June 15, 1-4 p.m.

Beulah Elementary School

Touch-tone Registration

*Want a quick, easy way to register for programs, that's also convenient?
You got it!*

Use Touch-Tone Registration to register for most courses, programs and activities any hour of the day or night, seven days a week. With today's increasing demands on family time, Parks and Recreation wanted to offer our customers a quick and easy way to register. All it takes is your phone, your Parks and Recreation account card (call 748-1623 to get one) and your Mastercard, VISA, or VISA/Mastercard Debit card number.



Here's how it works:

1. Phone (804) 768-7722.
2. Press "1" for the registration menu.
3. Press "1" again to register.
4. Enter the "Personal Barcode Number" (from your Parks and Recreation account card) for the person you want to register.
5. Enter the "Family PIN" (from your Parks and Recreation account card).
6. Enter the "Course Number" (from Parks and Recreation's Program Guide).
7. Enter your VISA, MasterCard or Debit Card information.

It's that easy! You'll receive confirmation by mail.

To get a Parks and Recreation Account Card,

complete the form below and fax it to us: (804) 751-4131. Or mail it to us: Chesterfield County Parks and Recreation, P.O. Box 40, Chesterfield, VA 23832. Need special assistance? Call (804) 748-1623.

Application Form for Touch-tone Account

Family Member Information Form

Please list all family members

Last Name	First Name	Date of Birth* Month/Day/Year	Sex M/F

Address _____

City _____ State _____ Zip _____

Home Phone: _____ Work Phone: _____

Current Customer ☐ New Customer ☐ Chesterfield County Resident: Yes ☐ No ☐

* required

Employment Opportunities

Recreation facility supervisors, recreation supervisors and recreation leaders are needed. Chesterfield County Parks and Recreation is seeking individuals to monitor activities during youth basketball and adult open-gym programs. Individuals are also needed to supervise children during an after school and/or evening drop-in recreation program. Salary range is \$7.10 to \$10.50 per hour. Details: Jackie Maclin, 748-1123, or Dave Caras, 748-1132

Instructors and volunteers are needed to lead and instruct recreation activities and classes in dance, health and fitness, crafts and hobbies and sports for adults, youths and senior adults. Instructors are hired on a contractual basis. Experience and certification a must.

Details: Greg Sager, 748-1131

Adverse Weather Hotline 748-1001

Field Closings and Facility Closings

Field Closings: Decisions regarding weekday field closings due to weather conditions are not made until 4 p.m. weekdays. Decisions regarding games at outdoor school sites are made by league commissioners.

Facility Closings: If you are not sure about the status of a facility or activity, first call the hotline, then try the appropriate staff, and then Parks and Recreation at 748-1623.

Facility Reservation Information

Bensley Community Building: 275-5321

Ettrick Community Building: 526-5596

Fairground/Exhibition Hall: 748-1126

Horseback Riding Rings: 748-1126

Picnic Shelters: 751-4696

Picnic Shelter Reservations Are Available at These Locations:

Ettrick Park
Goyne Park
Harrowgate Park
Huguenot Park
Iron Bridge Park

Matoaca Park
Point of Rocks Park
Robious Landing Park
Rockwood Park



How to Reach Us

The department administration building, located at 6801 Mimms Loop, is open from 8:30 a.m. to 5 p.m. Monday through Friday, except on government holidays.

(804) 748-1623; TDD – (804) 748-1127

www.chesterfield.gov

Parks Numbers

If you have a question about a specific park, you can call that park directly from 8 a.m. to 4:30 p.m.

Main Parks Office	748-1624
Dodd Park at Point of Rocks	530-2459
Huguenot Park	323-1700
Iron Bridge Park	271-7554
Rockwood Park	276-6661

After-Hours Parks and Recreation Assistance

After working hours or on weekends, call 748-1624.

Parks and Recreation Advisory Commission (PRAC)

The Parks and Recreation Advisory Commission (PRAC) provides a link between the community and the Parks and Recreation department. The PRAC has two representatives from each magisterial district and one from the School Board. The County Board of Supervisors appoints members to the PRAC for four-year terms. The Commission meets monthly to hear concerns, discuss issues, and provide input to the department about the operation of parks and recreation services. Citizens are welcome at the meetings held the first Thursday of each month, 7 PM, at the Central Library. For more information, contact the department at 748-1623.

Commission Members

Bermuda District

Timothy Mick

Lynn Crump

Clover Hill District

Richard Worcester, Chairman

Terry Minor

Dale District

Dennis Harding

Bob Terrell

Matoaca District

Tim Russell

Earl Gee

Midlothian District

Ron Maxey

John Hilliard

School Board Representative

Marsha Litton

Nondiscrimination/inclusion statement

The Chesterfield County Parks and Recreation Department provides opportunities and recreation programs which are open and accessible to all citizens in the county regardless of sex, religion, socioeconomic status, and/or level of physical or mental ability.

Please give us at least three weeks notice prior to the course or program start date to make reasonable accommodations. An abbreviated version of this brochure is available on audio cassette by call 748-1623, (TDD) (804) 748-1127.

Registration begins Monday, Jan. 6, 2003

Registration Information

Courses are filled on a first-come, first-served basis. A receipt represents a completed registration. The county charges \$25 for returned checks.

Refunds

Refunds are made when courses are full or canceled. If a change in day, time or location prohibits you from attending, we will be happy to refund your fee. Simply mail your written request at least one week prior to its start.

We guarantee your satisfaction!

If after taking a course, you were dissatisfied with it, you may either transfer to another course or request a refund. Just notify us in writing within one week of the end of the course.

How To Register



By Mail: Complete form below and attach payment or credit card information. No cash, please.



In Person: The Parks and Recreation Administration Building is open 8:30 a.m.–5 p.m., weekdays, and is located in the Chesterfield Government Center at 6801 Mimms Loop.



Drop In: Drop registration form with payment (no cash) in the mail slot at the Parks and Recreation Administration Building.



By Phone: Call (804)748-1623. Have credit card information ready.



By Fax: Fax form with credit card information to (804)751-4131.



CHESTERFIELD COUNTY PARKS AND RECREATION DEPARTMENT

Adult Name _____
Address _____
City _____ State _____ Zip _____
Phone (home) _____ (business) _____ E-mail Address _____

Participant Name	DOB Mo/Day/yr	Sex	Activity Name	Course Number	Activity Location	Start Date	Start Time	Fee
Total fee								

CREDIT CARD
INFORMATION

HOLDERS NAME _____ CHECK ONE: VISA ☐ MASTERCARD ☐
EXP. DATE _____ CARD NUMBER _____
SIGNATURE _____

Make checks payable to:
Chesterfield County Treasurer

Mail registration form and payment to:
Parks and Recreation Department, P.O. Box 40,
Chesterfield, VA 23832

Phone Numbers
(804) 748-1623
(804) 748-1127 TDD
(804) 751-4131 FAX



Any special accommodations needed? ☐ Yes _____

Please specify how you obtained this program guide:

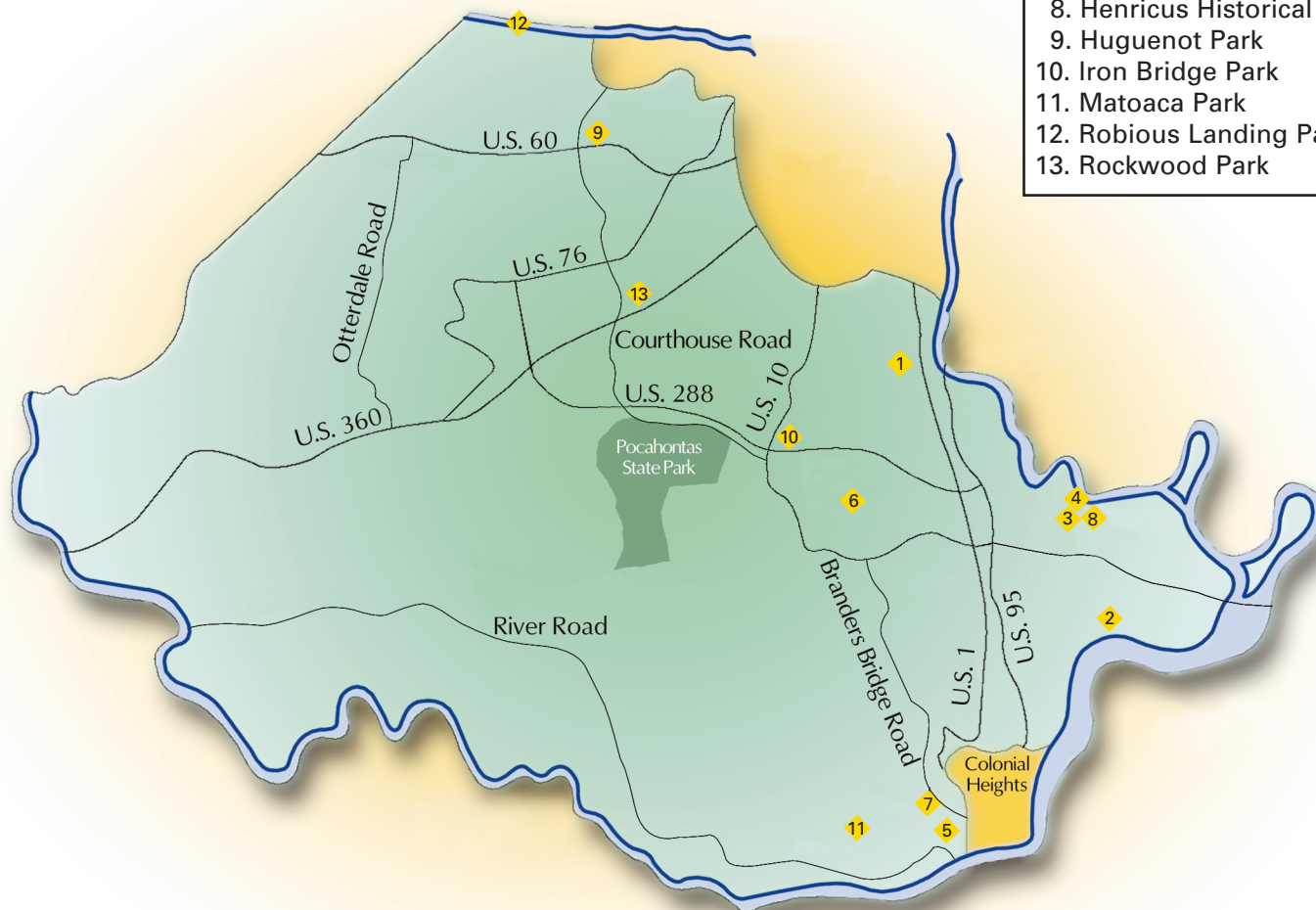
store ☐ mail ☐ library ☐ other ☐

REGISTRATION FORM

Popular Parks and Recreation Sites

Key

1. Bensley Park
2. Dodd Park at Point of Rocks
3. Dutch Gap Conservation Area
4. Dutch Gap Boat Ramp
5. Ettrick Park
6. Goyne Park
7. Harrowgate Park
8. Henricus Historical Park
9. Huguenot Park
10. Iron Bridge Park
11. Matoaca Park
12. Robious Landing Park
13. Rockwood Park



**Chesterfield County
Parks and Recreation**

P.O. Box 40, Chesterfield, Virginia 23832